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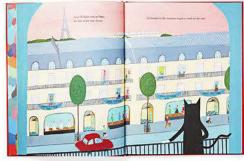


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\$150000000



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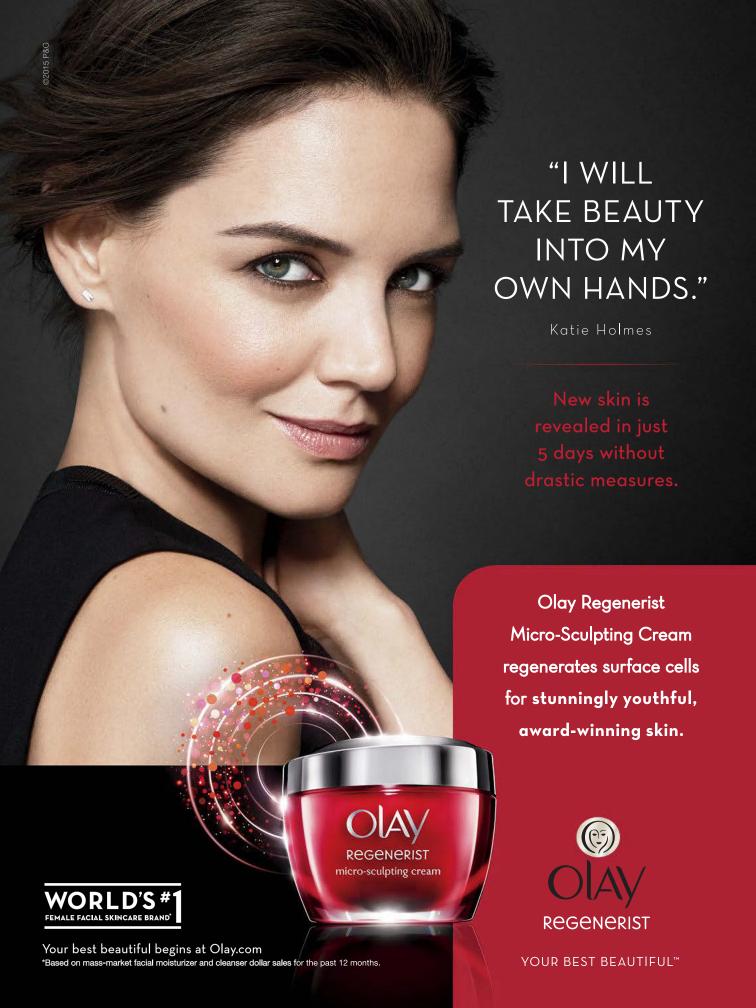


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Go RVing



POWER

I WASN'T ALWAYS CONVINCED I'd have kids someday. I was happily married to someone who shared my ambivalence: Our lives were full, and we were dedicated to our careers and enjoyed having the freedom to travel and socialize on a whim. Then we had our son, Grey—and now, like most parents, we eagerly tell any wavering couple, "It's lifechanging...you'll love your little one more than you could have imagined," etc., etc. Best thing ever!

Before I gained that clarity, though, I faced another tiny identity crisis: I had never once considered the possibility of having a boy. When I'd pictured being a mom, it was always to a girl—someone who would learn from my experience and benefit from generations of women having fought for her to have the same rights and goals as any man, and whom I could dress in adorable mini-me style.

Well, there are no matching outfits in my future (what's up with the lack of good boy clothes?!). But it turns out my job as a boy-mom is essentially the same. I have a responsibility to teach my child about strength. I want to raise a confident, empathetic person who respects and celebrates women.

What better role models than the powerhouses in our lives? For me, they are four generations(!) of women who all graduated from college (insert your personal girl-power badge of honor here) and the experts in our GH Institute, where most of the engineers, chemists, product analysts, chefs and biologists are female. I also have the good fortune of working closely with Hearst Editorial Director Ellen Levine, a woman who counts among her many accomplishments that of having been *Good Housekeeping*'s first female editor in chief (after 109 years of male reign!).

I am incredibly proud to be part of a brand that supports women in all walks of life—and grateful that my son is growing up in a world of women who are pursuing their dreams as leaders, mothers, caregivers, entrepreneurs and disrupters. He has never known anything different, and I hope that never changes.

Jane Francisco,
EDITOR IN CHIEF
jane@goodhousekeeping.com
FOLLOW ME @janefrancisco



PRESIDENTIAL FACEBOOK FAN

It was high-fives all around the *GH* office when President Obama shared our climate-myths story on Twitter and Facebook, Kudos, team!

Join the climate revolution—read the article at goodhousekeeping.com/climatemyths.



MORE MANNERS, PLEASE!

Because civility is important in all areas of our lives, our guru is dishing out her top-notch advice on more pages. Look for her insights in our Your Home and Your Body sections.



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How'd we do this month? Love the issue? Like it? Not so much? Share your thoughts with us, and we'll give you more of what you want and less of what you don't. After all, this is your magazine. Help us make it great!

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Bug spray doesn't have to bug you. Aromaflage perfumes double as insect repellents thanks to pretty-smelling essential oils like sweet orange and cedarwood. And they even fit in a mini bag!

perfumes); MARKO METZINGER/Studio D, (bags); imaxtree.com (runway).

MIKE GARTEN (polish, styling by Miako Katoh



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CNEIL-PPC. Inc. 2015



April Franzino
Beauty Director
@aprilfranzino

@ **y**

IS IT BAD TO APPLY SKIN CREAM FROM A POT WITH FINGERS?

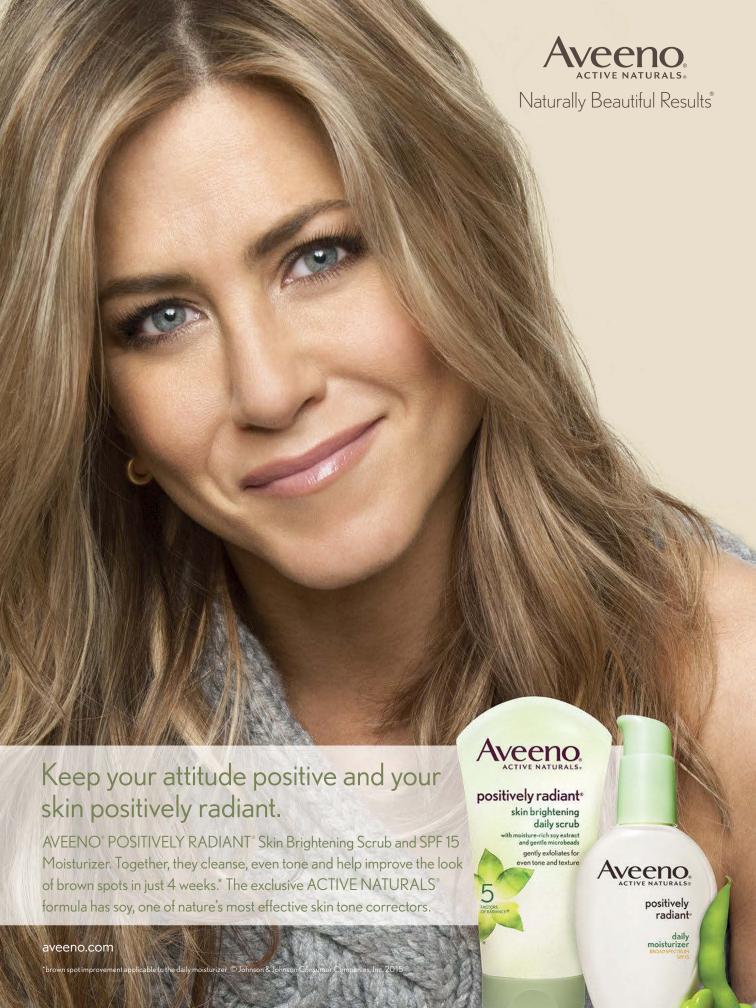
Nope. Dipping into a skincare jar won't "contaminate" the product with bacteria, reducing its efficacy. The GH Beauty Lab says most formulas contain preservatives that make them stable enough to stand up to bacteria and air exposure until the expiration date on the packaging. Still wary? Apply with a swab or spoon.

Dip right into our Seal holder Boots No7 Lift & Luminate Night Cream, \$25, Target













Removes 99.3% of your most stubborn makeup.

Every night, instantly lift away your most budge-proof, smudge-proof makeup (waterproof mascara, that means you, too).

Because waking up to no makeup can do beautiful things for your skin.

Neutrogena

#1 Dermatologist Recommended Skincare



YOUR LOOK

beauty

hot list

EDITORS' PICKS

□ AIRBRUSHING

The new touch-up: clear mattifying balms that smooth and blur pores.

1. Revlon PhotoReady Prime + Anti Shine Balm, \$13. 2. YSL Touche Éclat Blur Perfector, \$55, yslbeautyus.com.

☐ HAIR CLEANSE

Ginger, lemon and basil extracts invigorate lifeless locks *and* your senses. **3.** Herbal Essences Wild Naturals Detoxifying Shampoo, \$6.

☐ STRAND SHIELD

This leave-in spray's sunflower oil and amino acids create a shine-boosting, sun-protective veil over hair. **4.** Fekkai Pre-Soleil Hair Mist, \$8, fekkai.com.

□ BETTER BLUSH

This fun, spongy cream gives a sheer wash of skin-brightening color. **5.** Lancôme Blush Subtil Crème in Coral Alizé, \$24, lancome-usa.com.

☐ METALLIC MASCARA

On one end, a black volume mascara; on the other, a bronze to swipe on for glitz. **6.** Circa Dual Focus Lash Volumizing Mascara and Top Coat, \$12, Walgreens.

☐ SHIMMER SHADOW

Glimmery neutrals that flatter all faces. Try as liner! 7. Essence 3D Eyeshadow in Irresistible Choco Cupcake, \$3, essence-cosmetics.com.

□ **SUN SHINE** Spritz this amber-scented body oil on limbs for a just-off-the-beach gleam. **8.** Estée Lauder Bronze Goddess Shimmering Body Oil Spray, \$40, esteelauder.com.

□ TOTABLE ART Get carried away with iconic photog Norman Parkinson's vintage shot of Jerry Hall.
9. Charlotte Tilbury x Norman Parkinson "On Call" Makeup Bag, \$45, charlottetilbury.com.



nice + pretty

DO-GOOD BFAUTY

These wise buys have the power to make you feel as fab as you look.

- 1. Urban Decay The entire purchase price of Eyeshadow Primer Potion in Enigma (\$20, Ulta) benefits its women's rights philanthropy, The Ultraviolet Edge.
- **2. Philosophy** A percentage of *all* the beauty brand's U.S. net product sales (forever!) funds its Hope & Grace Initiative, supporting community-based mental-health efforts.

3. Thrive Causemetics

For every set of the brand's false eyelashes (below) sold, another is donated to a woman undergoing cancer treatment.



Premium Faux Lashes, \$26, thrivecausemetics.com

Sailor Pants

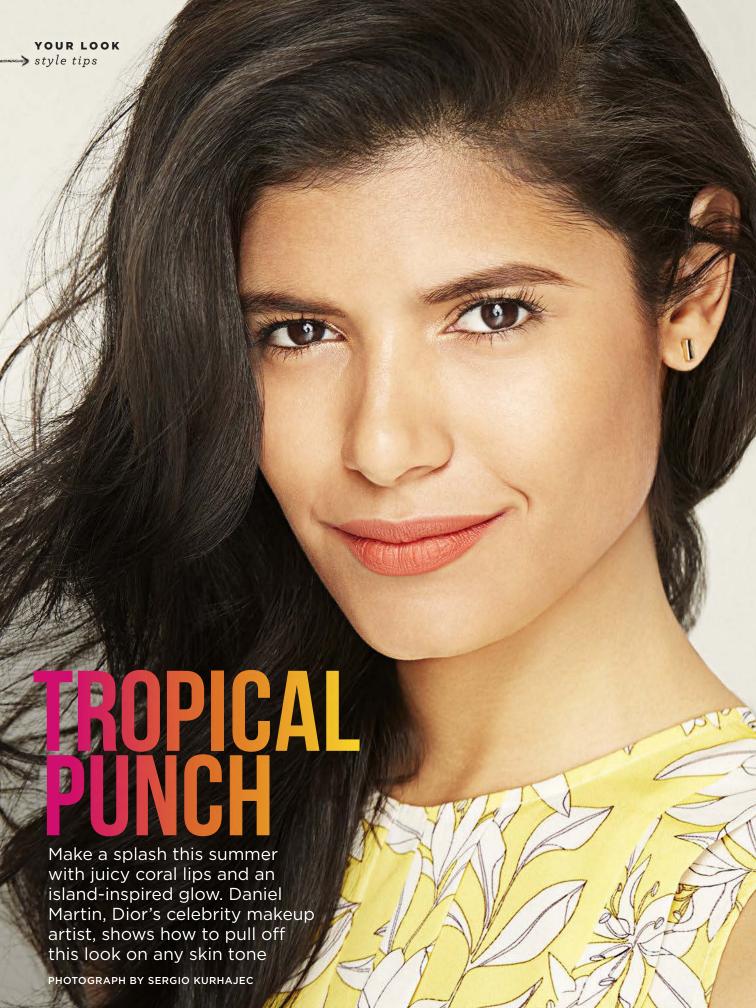
This nautical-inspired button-front trouser makes waves day or night





problem:

"THE FRONT OF MY HAIR FRIZZES UP WHEN I BLOWDRY." **solution:** To avoid promoting frizz, *blot* wet hair with a towel rather than rubbing, and don't blowdry in a steamy bathroom, says Kevin Mancuso, Nexxus New York Salon Care global hair creative director. Dry the front immediately, before it can get fuzzy; then pin or Velcro-roll it back so it stays smooth as you dry the rest.





SHIMMER Dab pearly cream highlighter or shadow on inner corners of eyes, cheekbones and bridge of nose. Essential Shimmering Facial Whip, \$1,

elfcosmetics.com

Over your regular foundation and coverup, lightly brush an iridescent skin-toned face powder onto cheeks, sweeping from apples up to temples.

GOLDEN

Glide gold cream eye shadow from lashline to crease, blending with a finger. Add a dot of shadow at center of evelid.

lips as a base. Apply lipstick, using the point of a lip brush to define edges.

2-minute

MAKEOVER

medium skin

fair skin



Pacifica Golden Lotus Highlighting Powder, \$18, Target







Rimmel London ScandalEyes Eve Shadow Stick in Gold Digger, \$4



Chanel Rouge Allure Luminous Intense Lip Colour in Insaisissable, \$36





Dior Diorskin Nude Shimmer **Instant Illuminating Powder** in 002 Amber, \$56, Sephora



Maybelline New York Eye Studio Color Tattoo 24HR Cream Gel Shadow in Bold Gold, \$7



Clinique Pop Lip Colour + Primer in Poppy Pop, \$18



Pat concealer onto



Guerlain Summer Waterproof

Cream Eye Shadow in

White Sand, \$32, Nordstrom

BareMinerals Pop of Passion Lip Oil-Balm in Tangerine Pop, \$16, Ulta



BEACHY SCENTS

Mist on one of these new lightened-up summer fragrances with breezy, aquatic notes. Bon "voyage"!

Terry de Gunzburg Bleu Paradis Eau de Parfum, \$195, barneys.com; CK One Summer Calvin Klein Eau de Toilette Spray, \$54, Macy's





best of the test

Hair Removal

The GH Beauty Lab sent 442 blinded products to testers across the country to help find the smoothest method for you

		,		,
	RAZOR	WAX	DEPILATORY	EPILATOR
	This wet method uses blades to chop hair at skin's surface.	₩axes stick to hair, removing it at the root when pulled off.	This rinse-off cream contains chemicals that "dissolve" hair.	Tweezer-like prongs in this device rotate, plucking out hair at the root.
PAIN FACTOR	<u></u>	5,2	<u>•</u>	
соѕт	\$139 (per year, on average)	\$69 (per year, on average)	\$468 (per year, on average)	\$70
HOW OFTEN	Every other day	Every two to four weeks	Weekly	Every two to four weeks
GOOD TO KNOW	The blades should be replaced about every two weeks (no, not months!) for maximum safety and efficacy.	You must wait for about ½ inch of hair growth and may need to repeat to get it all. Pain <i>is</i> possible, particularly for newbies.	The chemicals in depilatories can give off a pungent odor and carry a risk of causing skin reactions.	As with waxing, wait for a little growth. There is ouch potential, and you have to move carefully around delicate spots.
FOR BEST RESULTS	Hydrate first with shaving cream or oil to guard skin and improve glide. Rinse blades often to unclog.	Make sure skin is completely dry before waxing. You can soak up moisture with baby powder if needed.	Do a patch test on a small area of skin first—and don't leave on for longer than package instructs!	Use on bare wet or dry skin, and clean your device as indicated on the box after each use.
WINNER		Nads Body Wax STRIPS Normal skin	Simply Showered! Hair Remover To Body Jee Remove Count Orden Epidem Own Deplotive 177 g / ref at 6 or	ST TOOL STREET

These "easy, no-mess,"

nearly painless wax strips

left skin hair-free for

up to two weeks.

Nad's Body Wax Strips, \$8

Best at eliminating hair

and making skin "touchable,"

it also rated near perfect

for gentleness.

Simply GiGi Shower-Off

Hair Remover for Body,

\$18, Sally Beauty Supply

This wet/dry model

grabbed "the tiniest hairs"

in one try and scored high

for feeling "comfortable."

Panasonic ES-ED50

Shaver & Epilator System,

\$70, shop.panasonic.com

Its five blades

completely removed hair

in a stroke without

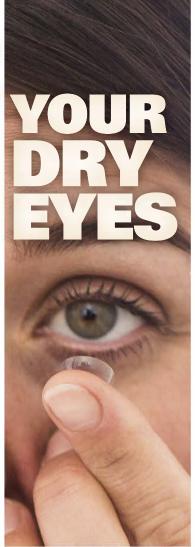
nicking or irritating skin.

Schick Hydro Silk

TrimStyle, \$14









It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease**:

- Dryness/itching
- **▶** Burning/stinging
- Feeling like something is in your eye
- Sensitivity to light
- **▶** Blurry vision
- Problems wearing contact lenses
- Watering eyes

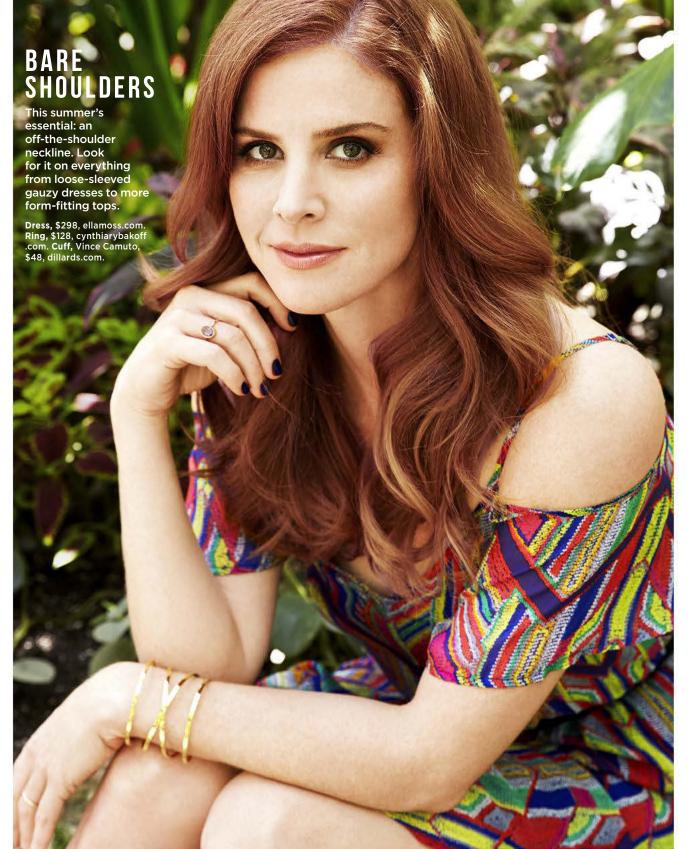
Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.

TAKE ACTION NOW

- with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- TAKE a brief questionnaire eye doctors use to assess Chronic Dry Eye, and SHOW the results to your eye doctor.











CoverGirl Bombshell Pow-der Brow + Liner by LashBlast in Medium Brown, \$9



LIPS
Neutrogena MoistureSmooth Color Stick in
Warm Caramel, \$8



NAILS Essie in Style Cartel, \$9, essie.com





Sarah Rafferty

As Donna, executive assistant extraordinaire on USA Network's drama *Suits*, Sarah boasts a killer wardrobe. Offscreen, the actress and mom of two, who splits time between L.A. and Toronto—where the show films—likes to keep things casual. ("I'm not wearing five-inch heels in the carpool line!" she laughs.) Get to know the Connecticut native once and for all.

WEEKEND WEAR My summer uniform is a dress. I also have a closet full of hats. I'm a redhead, so sunscreen is a must. The shade is great with a hat!

HIDDEN TALENT I still have some synchronized swimming moves in my back pocket from camp when I was 8. I can really wow people at a pool party!

DATE NIGHT My husband and I will do hot yoga or hike. Then we'll go out to dinner, where we can actually talk without being interrupted. That's like winning.

gram because it makes me stop to take in the world. The other day I got to work just as the sun was coming up. It was breathtaking, so I took a picture and shared it. It's a way to post what you're grateful for.

CITY PRIDE Toronto is an amazing place to be as a family. My daughters are 7 and 3. There's so much stuff for kids to do! It's a very eco-friendly city—everyone's riding bikes, eating farm-to-table food.

PERFECT SUNDAY I love when my husband [who's from Finland] gets up before me and makes Finnish pancakes essentially crêpes. He'll make them for the girls, then I get up and make coffee. That's perfect.



Waves

Get Sarah's tousled hair without hot tools!

Pick a wave enhancer for your hair type (see below) and work through damp hair.



STRAIGHT: Garnier Fructis Style De-Constructed Beach Chic Texturizing Spray, \$4



WAVY: Bumble and Bumble Don't Blow It Hair Styler, \$30, bumbleandbumble.com



CURLY: John Frieda Frizz Ease Dream Curls Air-Dry Waves Styling Foam, \$10

Twist hair into a low bun (for medium to thick hair, twist into two). Secure with pins.

Let dry and unwind, says Mara Roszak, celebrity hairstylist for L'Oréal Paris in L.A.







SPONSORED BY CHEVROLET



EARRING ENVY | \$34.50

Statement earrings are everything this season, and these turquoise stunners add just the right touch of color your new wardrobe needs.

Lucky Brand Earrings, luckybrand.com

finds

"Spring is all about keeping things light and easy—from fashion to food," says **Kristine Brabson**, site director of GoodHousekeeping.com. Give your home and your look a refresh with these fun finds.

A MESSAGE FROM

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THEN START IT AGAIN—
AUTOMATICALLY.



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Love getting your Birchbox every month? Think of this as the kids' version, but with an educational twist the whole family can enjoy together. Surprise Ride Box Subscription, supriseride.com

KALE 2.0 (FROM \$3.49

It's the return of kale! Just when you think you've seen (and eaten) it all, there's a new hybrid that blends in our other favorite veggie: brussels sprouts. Kalettes™, kalettes.com

DENIM FOR DAYS 1\$89

This dress does double duty for spring. A pair of cute flats and you're ready for work. A pair of your favorite espadrilles, and you're ready for the weekend. Vineyard Vines Denim Dress, vineyardvines.com



CALLING ALL (BUSY) COOKS \$129.99

Ever needed to be two places at once? Meet the first smartphone-controllable slow cooker that lets you adjust time and temps from your phone or tablet. Crock-Pot® Smart Slow Cooker with WeMo®, www.crock-pot.com

CHEVROLET MALIBU

Today's midsize sedan buyer wants it all! And MALIBU delivers, with a "2.5-liter inline four-cylinder base engine that is state of the art," notes *Car and Driver*. Couple that with undeniable good looks and reliable connectivity of the available 4G LTE Wi-Fi** for a driving experience you'll want over and over.

*EPA-estimated MPG city/highway 25/36

**Requires compatible device, active OnStar service, and data plan. See onstar.com for system details and limitations.



WE'VE GONE TO GREAT LENGTHS TO ENSURE YOU CAN DO THE SAME.



THE 2015 CHEVROLET MALIBU WITH AN EPA-ESTIMATED 36 MPG HIGHWAY.

The Chevrolet Malibu offers seamless stop/start technology that can automatically shut off the engine when the car is stopped to increase fuel efficiency.* So by stopping, you'll be able to keep going and going.



"Most Dependable Midsize Car" in 2015"

CHEVROLET MALIBU

FIND NEW ROADS

"Malibu with 2.5L engine 25 MPG city. "The Chevrolet Malibu received the lowest number of problems per 100 vehicles among midsize cars in the proprietary J.D. Power 2015 Vehicle Dependability Study." Study based on responses from 34,372 original owners of 2012 model-year vehicles after three years of ownership about problems experienced in the past 12 months. Proprietary study results are based on experiences and perceptions of consumers surveyed November-December 2014. Your experiences may vary. Visit jdpower.com.

CHEVROLET /



GOOD EATS

The city's food-truck scene is getting serious, so keep your eyes peeled for a range of diverse street food (mmm, Fidel Gastro). Prefer a sit-down spot? Bar Raval is the latest from Toronto's most-talked-about chef, Grant van Gameren. Go for the cocktails; stay for the artful atmosphere. thisisbarraval.com

ART + ARCHITECTURE

Don't miss the Piet Mondrian installation (through October) at the Frank Gehry-designed Art Gallery of Ontario. ago.net



Arrive early if you want to score a seat beneath a pink umbrella at Sugar Beach. On weekends, this posh lakeside spot is packed! waterfrontoronto.ca





HOT 'HOOD

Get your culture fix with a visit to West Queen West, an area known for its indie art and boutiques. For oneof-a-kind gifts, we love **Drake General Store.** drakegeneralstore.ca

Store



CAFFEINE FIX

Toronto is famous for its range of fresh and locally made coffees. A few to check out: Ella's Uncle, White Squirrel and Dark Horse Espresso Bar.

ellasuncle.com; whitesquirrelcoffee.com; darkhorseespresso.com









Only this can.™





Make your own insect-repellent citronella candle. We bugged out when we found this fun project from blogger Eden Passante of *Sugar and Charm*. Wax, it's on!

See page 150 for the quick how-to.

HE FIGHTS DIRTY no matter how dirty DIRTY S

NO MATTER WHERE THEY ARE, TOUGH MESSES DON'T STAND A CHANCE WHEN MR. CLEAN'S MAGIC ERASER IS PART OF YOUR CLEAN ROUTINE.







WHEN IT COMES TO CLEAN THERE'S ONLY ONE



Wet before use. A rinse is required for surfaces that come in direct contact with food. Use as directed.



YOUR HOME decor tips 🗲

MATERIAL GOOD

Sunbrella fabric protects against fading and mildew. \$349, crateand barrel.com



Sarah Richardson Home Design Director

@SarahRichardsonDesign

MADE IN THE SHADE

A great umbrella lets you live outdoors all day and makes a major style statement. Find one that suits your patio personality!

Consider size. The diameter should be 5' larger than the table—if yours is 4' round, you'll want an umbrella with at least a 9' spread.

Buy aluminum posts. They ensure durability. You can also count the spokes-the more yours has, the sturdier it will be.

Plan for wind. Most umbrellas come with a base, but shop for a heavier iron version to really drop anchor.



Freshen up your porch in a lick! These Institute picks promise to seal out moisture, add UV protection and guard against wear.



Semitransparent stain in Coffee, \$37, olympic.com

A rich wash shows off the natural grain.



Solid-color stain in Amsterdam, \$37, olympic.com

Classic navy pairs well with red brick.



Semitransparent stain in Cape Cod Gray, \$33, rustoleum.com

Pale gray reads as white in the sun, but won't show dirt.



2X One Coat Solid stain in Blue Sky, \$37, rustoleum.com

A soft ocean blue gives a coastal feel against neutral siding.



\$122, overstock.com

WIND SOLUTION

The aerodynamic

from flying away.

design keeps it

\$200, pier1.com

EURO CHIC

The navy pagoda look is reminiscent of the Italian coast. \$399, onekingslane

.com

HAVE A QUESTION? E-MAIL SARAH@ GOODHOUSEKEEPING.COM.

entertaining

GARDEN PARTY!

We tapped pro hostess Abby Larson, creator of the bridal-bible site *Style Me Pretty*, to pass along her tips and tricks for festive, stress-free celebrations.



MODERN "PAPER" PLATES Mix glass or china with stylish biodegradables, like reusable bamboo plates and flatware. Post-party cleanup is a total breeze. Plates, \$8 for eight, bambuhome.com

PEGGY SOST. AS SOUTH EXPONENTIAL PROPERTY OF THE PROPERTY OF T

LAID-BACK MENU Choose foods that can be enjoyed hot or cold, like grilled pizza and pasta salad.

abby

Whenever I throw a dinner party, my friend always brings a wine I don't like. Do I have to open the wine and serve it that night? -JESSICA B.

DIY IT! Head to page 150 for the how-to on these personalized place settings.

NO, you don't have to serve it unless you want to. It's important that you sincerely thank your friend for her kindness even if you're not crazy about the wine. If you have an opportunity, enlighten her about your current favorite: "Sue, it's so nice of you to bring the pinot grigio. It will be enjoyed! I've recently been into Malbec. Would you like to try some?" This way, you've thanked her without criticizing her choice and have also let her know about your present tastes.





LIVE LARGER BY EXPANDING YOUR LIVING SPACE INTO GENIUS IDEA EASONAL Host out-of-town friends in a cozy converted shed FROM BIG IDEAS FOR TINY SPACES TO A MODERN OUTHOUSE, YOU CAN HAVE IT ALL ... RIGHT IN YOUR OWN BACKYARD!







trending: TINY HOUSES

The miniature movement hits the backyard.



READING NOOK

Cozy up with a summer sizzler rain or shine — in a roofed lounge area with festive bunting.



COOL CAMP

A shed on stilts is the ultimate fort. Kids will love the pint-size furniture and canvas privacy curtains - no adults allowed!



DRESSY BARN

Park a table and chairs instead of a tractor inside a souped-up garage for wining and dining guests.



HINI HANSION

Pretty much Barbie's Dreamhouse come to life...and every little girl's fantasy. Fairy wings optional.





Create an island vibe even if you're stuck in the burbs.



Outdoor pillow, \$29, grandinroad.com



Leather pouf, \$144, jossandmain.com



Banana tree, \$20, lowes.com



Basket, \$40, pier1.com





Company's coming!
Prevent dirty feet from tramping through the house with the ultimate washroom.

1

Enclose a space with pieces of fencing.

2

Add a toilet, sink and shower.

3

Choose some cute accessories!

For a similar look, try Atomic Industrial Guard Stem Mount Pendant, \$195, barnlightelectric .com; Woodland Imports Wood Teak Wall Mirror, \$140, wayfair .com; and Blecka Stainless Steel Hooks, \$6 for two, ikea.com.



a stand-alone version! Then, choose a black hose—it will soak up the sun and give

you warmer water. \$283, lowes.com



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SMOOTHIES AND COCKTAILS
TO SOUPS, SAUCES AND ICE POPS.
WE'VE GOT THE RECIPES AND THE WINNING APPLIANCE PICKS

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FOOD STYLINGBY CHRISTINE ALBAND
PROP STYLINGBY CATE GEIGER































CREAMIER THAN SKIM WITH FEWER CALORIES?

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Silk Cashewmilk is made with the creamy goodness of cashews and just 60 delicious calories. **Taste for yourself.**

Silk.
helps you bloom

#silkbloom

Silk Original Cashewmilk: 60 cal/serv; skim dairy milk: 80 cal/serv. Character is a trademark of WhiteWave Foods.





VELVEETA® Queso Burgers

How do cheeseburgers technically become Queso Burgers? By being topped with a melty mixture of VELVEETA and RO*TEL® Diced Tomatoes & Green Chilies.

Prep Time: 20 min. | Makes: 6 servings

What you need:

1.5 lbs. ground sirloin

1 lb. (16 oz.) VELVEETA, cut into 1/2-inch cubes

1 can (10 oz.) RO*TEL® Diced Tomatoes & Green Chilies, undrained

6 hamburger buns

6 pieces leaf lettuce

1 large tomato, cut into 6 slices

Make it:

Heat grill to medium heat.

Shape meat into 6 (1/2-inch thick) patties. Grill 4 to 5 min. on each side or until done (160°F). Meanwhile, microwave VELVEETA and RO*TEL* in microwaveable bowl on HIGH 5 min. or until VELVEETA is completely melted, stirring after 3 min. Place burgers on bottom halves of buns; top each with 2 Tbsp.VELVEETA sauce. Cover with lettuce, tomatoes and tops of buns.

For more Liquid Gold recipes visit **VELVEETA.com**



EST OF THE TEST

We whipped up smoothies, soups, milkshakes and margaritas, then ground coffee beans, in 27 new models. Make room on your counter for one of these top performers

SINGLE-SERVE

Oster MyBlend Blender, oster.com (\$30)

Compact and sleek. this machine whirs up a portable smoothie for one in seconds. Operation is stress-free: Push down on the jar, and blending starts immediately. Replace the blade with the lid, and your drink is travel-ready. Though it has only one setting, the Oster blends fruit concoctions just as well as its more imposing rivals do.

Breville The Boss Blender, brevilleusa.com (\$450)

OVERALL

This state-of-the-art blender aced our battery of tests. Hankering for a supersmooth frozen cocktail? No problem. And with the world's first Green Smoothie button, it transforms tough-stemmed kale into a drinkable breakfast. The one caveat: It's very noisy (think motorcycle-loud).



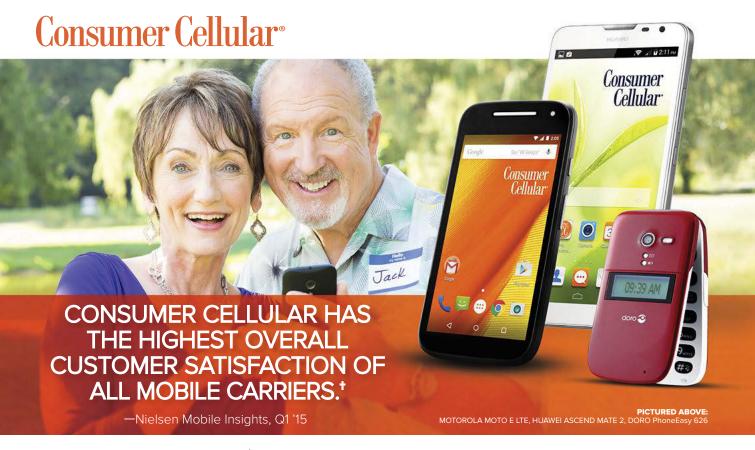
BEST

Cuisinart PowerEdge 1000 Watt Blender, cuisinart.com (\$200)

Of all the machines tested, this was the quietest. But it's still a powerhouse at producing creamy shakes and velvety soups. Favorite feature: a built-in timer that keeps track of how long you've been blending - big help when following a recipe.



Aster.



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© 2015 Consumer Cellular, Inc. New service activation on approved credit. Cellular service is not available in all areas and is subject to system limitations. Terms and Conditions subject to change. 'Based on interpretation of Nielsen's Mobile Insights survey data, which uses respondents' self-reported rating (1 to 10 scale) of overall satisfaction with their carrier from a national survey of approximately 90,000 U.S. mobile phone users during 01 '15.

ask HELOISE

GH's stain-busting expert shares her fixes for household dilemmas and life's little "oops" moments

HAVE A QUESTION? E-MAIL HELOISE@GOODHOUSEKEEPING.COM.





How can I remove mildew stains from my outdoor cushions?

-Dina G.

The likely culprits are high humidity and/or leaving the cushions out overnight. While outdoors, brush off mildew with a scrub brush. Then mix 1/3 to ½ cup dish detergent (with bleach) and a glug of laundry detergent into a gallon of warm water; test on a hidden spot, then check after 15 to 20 minutes. If there's no harm from the bleach, wet down cushions with a hose and scrub with the solution: let stand 15 to 20 minutes. Rinse well with hose, then rinse again, using scrub brush to get all the suds off. Prop cushions against a chair to air-dry.





SECRET WEAPON

3 USES FOR SUGAR



SCOUR DISHES

Sprinkle it on a soapy sponge to gently wipe away stuck-on food. No scratches!

MAKE A SCRUB

Add a drop of baby oil, then exfoliate elbows and feet.

HANDY MANI

Mix with liquid soap to get dirt out from under nails after a day in the garden.

1 PROBLEM, 3 SOLUTIONS

Help! How do I get sunscreen off my...

STRAW HANDBAG?

Dampen an old toothbrush, then dab it in salt and brush it on a small area, going with the weave. Wipe off with a damp paper towel; let dry. If it's coming off, repeat until done.

COSTUME JEWELRY?

Put a little white toothpaste on fingers and rub the sunscreen spot. Wipe off with a damp cloth, then dry. Repeat.

WHITE COTTON T-SHIRT?

Pour a little non-bleach liquid laundry detergent on the spot and rub fabric together. After 30 minutes, machine-wash with warm water. Air-dry. Repeat until stains are gone.





Rely on FRONTLINE Plus to kill fleas and ticks, plus flea eggs and larvae, preventing a new infestation. Its protection lasts a full 30 days. No wonder it's the #1 choice of vets for their pets* and yours.†

FRONTLINE 6

FRONTLINE 6

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Frontline.com THE VET'S #1 CHOICE



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WHAT MAKES US SO GOOD at DETECTING CANCER-CAUSING GENES? MANY of THEM WERE DISCOVERED HERE.

Huntsman Cancer Institute has discovered more genes for inherited cancers than any other cancer center in the world. Genes for colon cancer, breast cancer, ovarian cancer, melanoma, paraganglioma and neurofibromatosis. How is this possible?

We have one of the most extraordinary research facilities anywhere, with a projected mile of bench space. Our gifted researchers come from all over the world and have won numerous awards and accolades for their work, including a Nobel Prize.

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Scientific discoveries made at Huntsman Cancer Institute are making a big impact in the way cancer is diagnosed and treated. And now, in many cases, inherited cancers can be detected early, or even prevented before they start.

To learn more or support the cause, go to huntsmancancer.org.



CHANGING THE DNA
OF CANCER CARE





anchor the look:



BEACON BLUE Behr, \$33 per gallon, behr.com



SUNSET SKYLINE Olympic, \$20 per gallon, olympic.com



CLASSIC \$4, westmarine.com



COLORFUL Coconut Beech, \$7, etsy.com









TIN TWINS

Bring the outside in with hand-poured soy wax candles in nature-y scents like spruce and tuberose. \$20 each, paddywax.com

64D GH July 2015



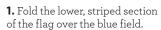


Look Yankee Doodle dandy the fashionista way.



How to

properly
fold an
American
flag





- **2.** Fold over the folded bottom edge to meet the top edge.
- *****
- **3.** Begin a triangular fold by bringing the striped corner of the folded edge to the top edge.
- **4.** Turn the outer point inward, parallel with the top edge, to form a second triangle.
- **5.** Continue until the final folds ensure that only the Union (the blue portion with white stars) is showing and open edges are folded in.







GRAB SOME SHADE(S)

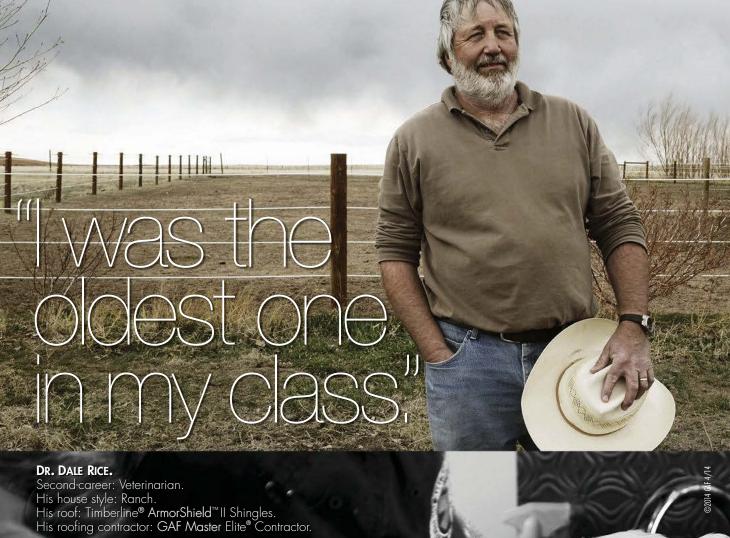
Stand out in a sea of tortoiseshell with specs in unexpected colors. Blue sunglasses, \$64, triplegraces.com; red sunglasses, Chloé, \$180, theoutnet.com











Dr. Rice gave up a successful career in Corporate America for the opportunity to serve others and to be home with his family. As he puts it: "My home is my family: it's my kids, it's my grandkids, it's my dogs, it's my cat, it's my veterinary practice. All of it is what I expect my roof to protect."



FACT: 97.55% of property owners would recommend their GAF Master Elite® Roofing Contractor to others.

(Based on a GAF survey of over 13,000 property owners served by GAF Master Elite® Contractors).

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TARA Vaughn Baldwin

Lifting the spirits of kids whose dads died in war

HER INSPIRATION

When Tara Vaughn Baldwin's Navy SEAL brother, Aaron Vaughn, was killed in a helicopter crash in Afghanistan in 2011, he left behind two young children. Crushed by the loss, Tara, 32, was even more devastated for his kids—and his comrades' families as well: "I found out 40 kids lost their dads in the same crash," says the Florida-based mom of two. "It hit me: These kids are going to grow up without dads."



STARTING OUT

Tara envisioned an adventure camp for fallen soldiers' children that would offer archery, horseback riding and fishing—"things they would have done with their dads," she says.

In 2012, she founded her nonprofit, Operation 300.

THE IMPACT

With money from local fund-raisers, Tara ran her first camp in Martin County, FL. Since then, 125 kids have come through her programs. Recently Tara launched a crowdfunding campaign with DreamFund to build Operation 300 a permanent home with a mess hall and bunkhouses. Kristi Rusnak, whose 9-year-old son, Stephen, has attended three times, says Operation 300 has been a godsend: "Stephen never showed emotion after his dad died. When he went to camp, it was the first time he'd been around kids who'd lost their dads, too. He's happy there. It's like he's home." Support Tara's efforts at operation300.com. -Ada Calhoun



Tara's camps are open to girls and boys ages 5 to 18.



A camper and a mentor trade high-fives.

BEST ADVICE I'VE EVER RECEIVED



"My father used to ask my brother and me, 'What did you fail at today?' He encouraged failure. When a parent gives you permission to do that, you learn to take risks and try new things. Real failure is *not* trying."

- SARA BLAKELY, FOUNDER AND OWNER OF SPANX



GIVE \$MARTER

Your friend is running a 5K and asks you to make a donation to Charity X—so you send a check. Ever wonder how it's spent?

Every group divvies the money differently,

and some nonprofits do a better job of using resources than others. "The crucial question is: What will your donation achieve?" says Peter Singer, author of the book *The Most Good You Can Do* (Yale University Press, \$25). Before donating, find out exactly how Charity X uses its funds to support the cause it's dedicated to helping.

How to do it?

Websites such as thelifeyoucansave.org and givewell.org break down organizations' spending and rate their effectiveness. "If you're buying a dishwasher, you look for the best value," Singer notes. "Apply the same standards to nonprofits. Giving from the heart is wonderful—but you'll do more good by giving with your head, too."



Getty Images (donation jar)





JULIE RICE & ELIZABETH CUTLER

Ages: 45 (Julie, *left*) and 47 (Elizabeth)

Current home:

New York City

Families: Husband Spencer, daughters Phoebe and Parker (Julie's); husband Allen, daughters Nina and Lucy (Elizabeth's)



A studio in Malibu. *Above:* You can buy the signature SoulCycle cruiser for home use at soul-cycle.com.

HOW THEY DID IT

WHEELS OF FORTUNE

Meet two women responsible for starting a fitness revolution

FITNESS JUNKIES Julie Rice, a talent manager, and Elizabeth Cutler, a real estate agent, got talking over lunch one day in 2006 about the prospect of opening their own indoor cycling studio. They loved the intensity of the workout, but they felt something was missing in their local spin classes: There wasn't any joy in them. "Exercise should feel addictive physically, emotionally and spiritually," says Elizabeth. A few days later, they sketched out a business plan, and six weeks after that, SoulCycle was born in New York City. Since then, their spirit-boosting, heart-pumping brand has gone nationwide, with 45 locations. The ladies took GH for a spin through their story.

SOMETHING BEYOND

EXERCISE "Pushing yourself with people you love is a powerful feeling," says Elizabeth. She and Julie thrived on group exercise: In the past, Elizabeth loved hiking with pals, and Julie logged miles with a running club. They dreamed of creating a workout that would give riders the same feel-good vibes, with exhilarating tunes, soothing lighting (most SoulCycle classes are taught by candlelight) and inspiring instructors "who cheer for you," Elizabeth says. "We wanted every class to feel like an experience."

STEP INTO MY OFFICE—
I MEAN, STARBUCKS "People think you need a massive game plan when you start a business,"

Julie notes. "You take it one step at a time." She and Elizabeth drafted their first business plan on a napkin. Before signing their studio lease, they crunched numbers over coffee and came up with their pay-per-class model. "We figured we'd need 75 riders a day paying \$27 apiece to cover costs for our studio and instructors," Julie says.

after renting their first studio,
Julie and Elizabeth hit a snag:
Per the terms of their lease,
they couldn't hang signage on
the building's exterior. Without
cash for marketing, they got
creative, posting flyers and
handing out cute yellow
camouflage T-shirts with
SoulCycle's wheel on the back.

"It became our symbol," says Elizabeth. They also bought a rickshaw on eBay and parked it out front. "We painted it silver and put a sign on it with an arrow pointing at the studio," Julie says. "Every day, we got a \$65 parking ticket. But it got people in the door!"

NOT ALWAYS SEEING EYE
TO EYE IS OK To help them
navigate big decisions, Julie
and Elizabeth hired a business
coach. "We've been working
with her for six years. She
taught us how to communicate
better—how to get 'unstuck,'"
says Julie. Their best business
advice? Says Elizabeth: "Keep a
good attitude. Believe the sun's
always shining, and you'll get
through the tough times."

-Rachel Bowie

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Smudges, scuffs and splashes happen, but Regal Select Interior keeps the busiest rooms looking clean and beautiful. It not only stands up to scrubbing, but thanks to cutting-edge technology. it amazingly resists household stains in the first place. So the rich color is all people notice. Regal Select can handle anything life (or maybe a kid) throws at it. Benjamin Moore. Paint like no other. To find an authorized retailer near you go to benjaminmoore.com.



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CHATEAU STE. MICHELLE MICHELLE SPARKLING

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For over 30 years, Michelle has defined American sparkling wine with its distinctive Washington state expression and quality Méthode Champenoise style.





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Cats Can't Resist*



Palace, but when I was a kid, still toddling around in Mary Janes, I spent quite a bit of time there. The Beauty Palace was my grandmother's salon in Lincroft, NJ, the kind of place where women went for weekly sets, perms and rinses. There was no extra charge for the gossip that flowed all day long just like the strong coffee brewed in the back room. My maternal grandmother, Marion—"Mommom" to me—worked six days a week, closing the shop at 5:30 sharp before cashing out the register, folding the last stack of towels and locking the door.

The Beauty Palace had a sophisticated, kid-free vibe, but as the boss's granddaughter, I had a golden ticket. I'd follow her around the shop, periodically pocketing little tokens from the stylists: brightly colored combs from their drawers and candies from bowls at their stations. Between customers, Mommom would sit me down in her section, drape a pink cape across my shoulders and clip spongy rollers into my straight brown hair.

"At least your color isn't mousy," she'd say, tsk-ing when the rollers slid out. Then she'd give me a quick shot of Aqua Net and pin a flower behind my ear.

I loved watching her work, the blur of her strong hands as they teased out curls or snipped away at a wet head. I was lulled by the orderly routine, soothed by the sequence of tasks, including the job Mommom gave me. At the end of the day, I used a magnet shaped like a lollipop to pick up rogue hairpins that had fallen to the floor. The pins stuck with a satisfying click. When I was done, Mommom shook them from the magnet into an old cigar box.

As she sterilized the pins in hot, soapy water so they could be reused the next day, I sat on the counter next to the huge sink, listening to her stories. On our way out, after everything was done, I tucked the magnet into a vase at the front desk, where it would stay until my return.

When my grandfather retired, so did Mommom. They moved to South Jersey, where she became a traveling stylist, curling and setting customers' hair in their own kitchens. She set up beds in the guest room for all the grandkids, including my brother and me. It became our second home, an escape from our house in Westchester County, NY, where we were

heart-to-heart

under the siege of our parents' divorce. Their split was ugly, long and heated, the kind that swallows history and spits it back in ruins. Whispers of our family's demise wound their way around town, into the schoolyard and playgrounds, gripping me with a shame that took years to shrug off.

My grandparents hated every second of it and made regular trips to see us. Mommom made breakfast, walked us to the bus stop and put dinner on the table every night. She swept cobwebs from dark corners and put fresh flowers in vases. But she did not coddle. When I told her some kids had teased me about my "broken" home, she shooed away my selfpity with a wave. "I've seen broken plenty of times," she said, locking her arm with mine. "Trust me, there's nothing broken here."

When school ended each year, my brother and I escaped to the piney woods of my grandparents' yard in South Jersey. On sunny days, we went to local orchards to pick peaches and blueberries and then drove to Point Pleasant, on the shore, for clams and mussels. In New York, I hated helping in the kitchen, but in Jersey, I had my own apron. I learned how to cook with Mommom's cast-iron skillet, how to carefully drop corn fritters into sizzling oil, stir chowder, roll dough. There were always cousins around for dinner - aunts and uncles, too - and during those meals, I never saw my grandmother sit down. She ladled food, wiped spills and kissed stained cheeks, moving around the table like she used to move around her shop, eyes everywhere, hands flying, never missing a beat, like a conductor making music from random notes, coaxing a song from discord.

On Saturdays, she made her styling rounds. I carried her bag, a sturdy straw vessel decorated with splashy blue flowers and neatly packed with cigar boxes, each one holding something different—scissors, combs, pins or pastel curlers.

Her customers always put out treats for me, but watching my grandmother work was still the main attraction. Her fingers moved like lightning, twisting





tufts of silver hair into tiny pin curls, then into perfectly patterned rows. There was no lollipop-shaped magnet for me to pick up pins with, but there was no need. She never dropped one.

MOMMOM'S LITTLE HOUSE fell quiet the year my grandfather died. She started spending more time in New York, in our new house, with my new stepdad. I had my own issues with all the changes. As a high school freshman, I moved to Manhattan to live with my father, which distanced me from my mother, though not from Mommom. She sent money so I could buy bus tickets to visit her. We'd stay up late, telling new stories and shaking out old ones.

My life never settled, and I ended up bouncing back and forth between the city and my mother's house in the suburbs. As I made my way through high school, college and the years after, it was Mommom who was my port in the storm.

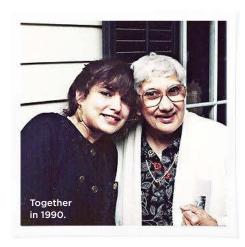
In my early 20s, when I was starting my career in advertising, I brought Mommom to my hair salon in the city, where I dropped most of my paycheck on a cut. She loved all the new techniques and studied the stylists as they worked. "Can you imagine? An iron for straightening?" She held it in her hands, feeling the weight, imagining the possibilities.

As my career took off, she started to slow down, traveling less and seeing the doctor more. But she was still the person I called when things got rough. Every time I stumbled out of a breakup, lost a business pitch or fought with a friend, she was there. Even when confusion invaded and she called me late at night to see if I was picking up Chinese for dinner, I still relished the sound of her voice. Just the sound of it steadied me, like a strong hand at my back.

Eventually, Mommom moved into a nursing home. She had a roommate who spoke Spanish and a staff who never cared to know her name. One Sunday, she called to ask if I could send her some books.







"Just something to pass the time," she said lightly. "Anything to pass the time."

I said I would, grabbed my coat and headed across the bridge to Jersey.

I found her in the community room, sitting by herself, picking through coupons. The sight of her poring over the slippery guts of the Sunday paper froze me in place. She looked up, saw the tears glowing in my eyes and calmly shuffled me out to the hallway, where she smoothed my hair behind my ears, instinctively checking for split ends.

"Sweetheart, it's OK. I'm fine. Now, let's go to my room, where you can tell me all about that big job of yours." She looked up and down the hallway. "One question." A smile shone behind her brown eyes. "Where the hell am I?"

WHEN MOMMOM DIED, I was left with a knot of heartache that loosened over time, but never quite dissolved. There are moments when I hear her voice, like when I'm brushing my daughter's hair and the light bounces just right: "You can't pay for that color, honey. There's not a bottle on Earth that can capture that!"

Over the years, I've learned to live without her by keeping her memory close. I tell her stories to my kids, freshening up details and pointing out pictures in dusty photo albums.

And then, a few years ago, while I was clearing out my uncle's attic, Mommom and I met again.

My cousin Ashley found the straw bag. The turquoise flowers were still bright, but the straps were worn and the buckles pockmarked. Inside, a stack of cigar boxes, each one packed with rattail combs, curlers or pins, lay intact.

"What's this?" Ashley was holding the lollipop.

"A magnet," I said. "I used it to pick up bobby pins at Mommom's shop."

I turned it over in my hands, recalling pink walls and leather chairs. I smelled the heady scent of Aqua Net, heard the hum of hairdryers muffling Mommom's voice as she put the stick in my hand and kissed my cheek.

"Off you go, my beauty cutie," she whispered in my ear. "Off you go."

Alexis Calabrese is a creative director and copywriter working on her first novel. She lives with her husband and children in New Jersey.



SHARE YOUR SILVER LININGS STORY

Life is complicated, but sometimes it has a funny way of working itself out. Tell us about a time when a wrong turn took you to the right place or you found unexpected happiness at the end of a long road.

HOW IT WORKS:

Submit your story of 1,500 to 2,500 words at goodhousekeeping.com /memoir-contest. You'll be entered for a chance to win \$2,000 and possible publication of the winning story in a future issue or on goodhousekeeping.com.

DEADLINES:

Entries must be received by midnight September 1, 2015. One entry per person is allowed. Submitted material cannot be returned or acknowledged. The winner will be notified by March 1, 2016.

ELIGIBILITY:

Open to anyone age 21 or older who is a legal resident of the United States, the District of Columbia or Canada (excluding Quebec). For details, see page 150.





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SUMMER READING

Keep kids sharp over break with smart new releases that sneak in learning, plus a few teacher favorites



WATER, WATER EVERYWHERE

Outstanding in the Rain by Frank Viva Teach your little one to appreciate wordplay with this vibrantly illustrated book, which tells a rainy-day story with clever cutouts. Ages 3-6, \$18



WE ALL SCREAM FOR...

Ice Cream Summer by Peter Sis A boy embarks on a summer of discovery, with a tasty twist: Every lesson he learns has to do with the sweet treat. Ages 4–8, \$18



CINDERELLA 2.0

Interstellar Cinderella by Deborah Underwood; illustrated by Meg Hunt

The classic fairy tale gets reimagined with Cinderella as a cosmic mechanic. Girl power all the way! Ages 3-5, \$17

TEACHER PICK

(AGES 3-5



Knuffle Bunny: A Cautionary Tale by Mo Willems

"Anything and everything by

Mo Willems—he's hilarious! My class loves *Knuffle Bunny* and all his *Elephant and Piggie* series books."

—CHRISTINA INGHAM, kindergarten teacher, Memorial Elementary School, Natick, MA



TWEENS + TEENS

Three Day Summer by Sarvenaz Tash

Remember how exciting it was to have a summer crush? This story's all about that: Michael and Cora lock eyes and — well, you know the rest. Ages 12+, \$18

Finding Audrey by Sophie Kinsella From the author of the Shopaholic series (for adults), a story about a traumatized teen who finds healing in an unexpected place.

Ages 12+, **\$19**

Fell of Dark by Patrick Downes

A chilling, masterful novel about a pair of young men grappling with mental illness. Thought-provoking stuff for mature readers. Ages 14+, \$18

More Happy Than Not

by Adam Silvera A teen coming to terms with his sexuality seeks out a mind-altering treatment. Sensitively told, about issues today's teens confront every day. Ages 14+, \$19

The Invasion of the Tearling by Erika Johansen

The second installment of a trilogy (the first is already headed for the big screen, with Emma Watson to star) about a queen who's fighting to protect her realm. Ages 14+, **\$25**

TEACHER PICK

(AGES 4-8)



One Big Pair of Underwear by Laura Gehl; illustrated by Tom Lichtenheld

"This counting book with a theme about sharing has lots of silly twists

sharing has lots of silly twists and exuberant rhymes. A favorite read-aloud, for children and their parents."

—NANCIE ATWELL, 2015 Global Teacher Prize winner, Center for Teaching and Learning, Edgecomb, ME

NIGHT ADVENTURE

Orion and the Dark by Emma Yarlett

This book's hero hates bedtime. Then he meets a nocturnal creature (named, natch, "the Dark") and learns there's nothing to fear. Ages 3-7, \$17



Adventures With Waffles by Maria Parr; illustrated by Kate Forrester Trille shares everything with Lena, but Lena isn't as forthcoming. Why? he wonders. Parr explores the trials of young friendship with charm. Ages 7-9, \$16

Ruby on the Outside by Nora Raleigh

Baskin Ruby wants to confide in her friend about her mom's imprisonment—until she finds out her pal's family was touched by the very crime that put her mom behind bars. Ages 8-12, \$17

Lost in the Sun by Lisa Graff After inadvertently causing a tragedy, Trent is reeling: angry, hurt, feeling like an outsider. He links up with Fallon, a girl with a gruesome scar, and forges a friendship that changes his life. Ages 9–12, \$17

Circus Mirandus by Cassie Beasley

A boy sets off on a quest to find a magician who can save his ailing grandfather's life. Totally immersive (plans for a movie version are in the works!). Ages 9-12, **\$18**

TEACHER PICK

(AGES 9-12)



Number the Stars by Lois Lowry

"A riveting account of how the Danish Resistance helped their Jewish friends escape the Holocaust. It

teaches important lessons about tolerance—and a part of history that can't be ignored."

> — SYLVIA CHAPMAN, third grade teacher, Midfield Elementary School, Midfield, AL



More Picks for Young Readers!



SWIM FANS

Pool by JiHyeon Lee

A wordless story about two shy kids who connect at a crowded pool. Perfect for preschoolers (and anyone with an imagination!). Ages 3-5, \$17



BIRTHDAY WISH

One Word From Sophia by Jim Averbeck and Yasmeen Ismail

Sophia wants a giraffe for her birthday, but her parents won't budge. Great vocab builder for kiddos. Ages 4-8, \$18



KITTY CAPER

William & the Missing Masterpiece by Helen

Hancocks When the famous Mona Cheesa is stolen from a Paris museum, feline detective William tackles the case. Ages 3-7, \$17



TOUGH COOKIE

Little Kunoichi: The Ninja Girl by Sanae

Ishida Kunoichi knows she's gotta train like crazy to be a warrior. Gorgeous watercolors, great message. Ages 3-7, \$17



TOO-TALL TALE

The Big Princess by Taro Miura

Little readers will love the geometric artwork in this story about a princess who outgrows her castle. Ages 2-5, **\$15**

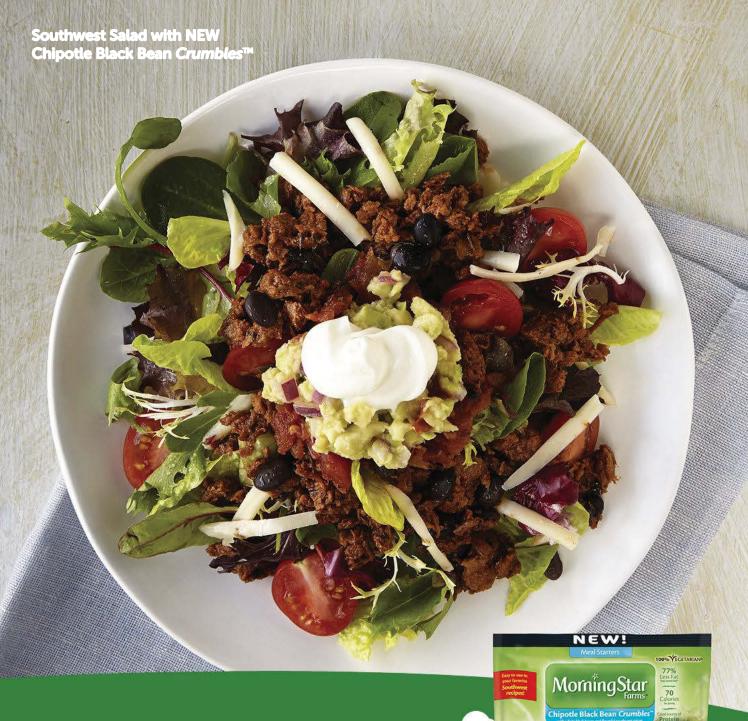
kindle THE LOVE OF READING

AWARNING

Books contain words. When words are consumed in sentences and stories, your child's brain will grow and develop. Reading may result in a larger VOCABULARY, expanding IMAGINATION or good GRADES. Keep in reach of children.

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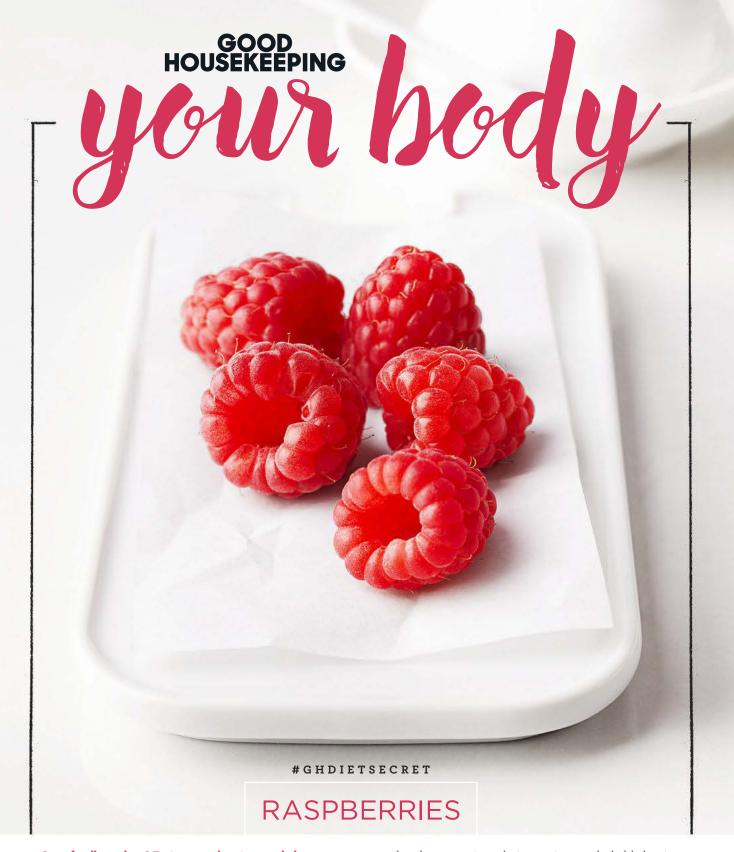


MAKE EVERY MEAL THE MOST IMPORTANT MEAL OF THE DAY.

Every meal made with veggie protein instead of meat is good for you and the Earth. Find out why at MorningStarFarms.com and take the *Veg of Allegiance*.™ **#VegAllegiance**







Got a few lbs. to lose? Eating more berries may help make it happen. A cup of raspberries packs a whopping 8 grams of fiber for a mere 65 calories, and new research in the Annals of Internal Medicine suggests that simply focusing on eating more fiber can be a diet game changer. When study participants upped their fiber intake to 30 grams per day, they dropped 4.6 pounds over a year. People who followed a more

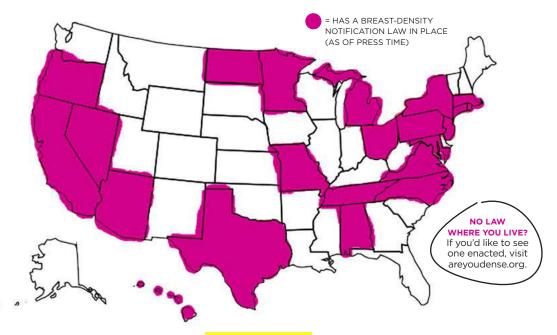
complex plan—counting calories, cutting out alcohol, balancing nutrient ratios (huh?!)—lost an average of only a pound and a half more. The scientific rationale: Fiber helps keep you sated for long stretches so you don't wind up craving high-calorie foods. (In other words, you eat healthy without thinking about it!) If you're not dazzled by razzies, consider cucumbers, apricots and eggplant—all surprising sources of fiber.

I'M NOT INTO WATER. WHAT ELSE CAN I DRINK?

@jaclynlondonRD

Enjoy a cup or two of unsweetened coffee (yes, coffee counts!) or tea in the morning, then sip fruit-infused sparkling water all afternoon and evening. You can add fresh or frozen fruit to seltzer, or buy the bottled version (my fave: Hint Fizz water in cherry. \$18 for 12 bottles). Finally, eat more fruits and veggies. Strawberries, spinach, peppers and melon can deliver up to a half-cup of H₂O per serving. The amount of fluid you need depends on your weight, the outside temperature, how much you exercise and the state of your health. But as a general rule, most of us need a minimum of eight cups daily, and those who work out vigorously or sweat a lot should drink even more.

HAVE A QUESTION? E-mail askjackie@ goodhousekeeping.com



MEDICAL UPDATE

DON'T BE DENSE

ABOUT DENSE BREASTS

If your boobs have more fibrous tissue than fat, they're considered dense — and tough to read on a mammo. New legislation aims to make sure you know that

Find your state on the map above. Is it pink? If so, screening facilities where you live are now required by law to send a notification when a mammogram reveals that a patient's breasts are dense. The letters begin something like this: Your mammogram shows that your breast tissue is dense. Dense breast tissue is very common and is not abnormal. However, dense breast tissue can make it harder to find cancer on a mammogram and may also be associated with an increased risk of breast cancer.

HERE'S WHAT THAT REALLY MEANS:

On a mammogram, fat appears see-through, while dense tissue is solid, says Marisa C. Weiss, M.D., founder of breastcancer.org. Since tumors also appear white, dense tissue makes finding growths "like looking for a snowball in a blizzard," she says. About 40% of women ages 40 to 74 have dense breasts, and for the 10% of women with breasts in the densest category, the risk of breast cancer is double that of women with average breasts.

So now you've got the info. But if you've received one of these notices, you're probably wondering what to do about it. The truth is, there's no perfect screening method for dense breasts, but there are measures you can take to up your odds of detecting any cancer.

START HERE: Get your density profile.

If you live in a state without a notification law, ask your radiologist whether your breasts are dense. (Knowledge is power!)

Opt for 2-D and 3-D digital mammography. Norwegian research found that the 3-D method improved cancer detection in dense breasts. Most health insurances don't yet cover 3-D mammos, but the out-of-pocket cost isn't terrible – usually under \$100, says Therese Bevers, M.D., medical director of the Cancer Prevention Center at MD Anderson Cancer Center. Ask if your facility has new technology that allows a computer to reconstruct the 2-D images from the 3-D images, lessening your radiation exposure. Schedule strategically. Your breasts are the least dense a few days after your period, so that's a good time to get screened. Talk about your family history. If density is just one of several risk factors, your doctor may suggest an ultrasound or an MRI-MRIs have higher detection rates than mammos, but they

aren't right for everyone because they're pricey

and may elicit false positives.

-Marisa Cohen













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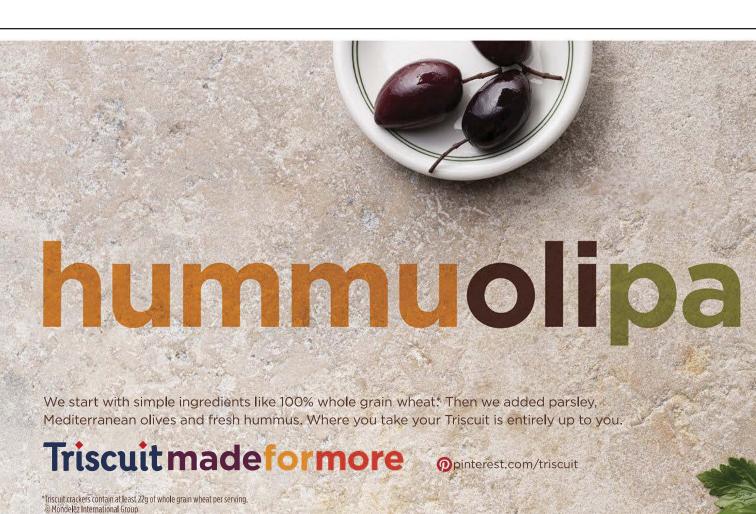


SCORPION STRETC

WHY IT'S AMAZING: This total-body twister opens your hips and stretches your back and thighs, leaving you loose and limber. (PS: It only *looks* tricky.)

TRY IT: Lie facedown on mat with arms extended to sides at shoulder height (like a "T"). Lift right leg off floor, then bend knee 90°. Gazing to right, lift right side of torso off mat and reach right heel toward left hand. Hold for 20 seconds; return to start. Repeat on other side.

MIKE GARTEN, hair by Angie Phibbs, makeup by Devon Cass (Latreal); Getty Images







HOME TEAM

A ball game has more to it than peanuts and Cracker Jack. Research from Murray State University suggests fans of pro teams aren't as lonely as their less-enthused peers. Could it be related to camaraderie in the stands? Learn how to handle any spoilsports so you can see for yourself



THE LEWD TALKER

Foul language in front of kids is always unfortunate. If it's from someone you know, speak up, keeping it light and direct: "Hey, John, not around the kids, please!" If the swearing is constant and from a stranger, notify the usher.



THE DRUNK

Dealing with an intoxicated fan can be very tricky. Keep your distance and avoid inciting him. If his intoxication appears to make him a danger to himself or those around him, contact Security or an usher.



THE FREQUENT MOVER

You only need to stand for the continual snack-retriever/bathroom-breaker in your row if there's no space or if he or she is elderly or disabled. If the person can easily get past you, just swivel your knees to allow him or her to exit.



THE BLOCKER

Stuck behind the guy who has decided to stand the entire game? Usually a friendly heads-up will do the trick: "Excuse me, but would you mind sitting down? I can't see the game. Thanks!" If he's not responsive, ask an usher about moving.



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how to master IF A BEE STING (OR BRUISE, OR BURN) S TO INTERFERE WITH YOUR FUN, UR FIRST AID GUIDE HAS YOU COVERED he only bummer about summer is the barrage of backyard bang-ups. Every year, trampoline accidents account for almost 90,000 visits to the ER, and grilling and sparkler injuries send about 6,000 more people to the hospital. Minor snafus are no picnic, either. One slip of a watermelon knife or errant flip of a burger, and the party's over. That's why we asked the GH Health Lab to find the best first aid kits and consulted emergency pros for their tips and tricks. The result: This year, nothing gets in the way of your family's good time. > **ILLUSTRATIONS BY DAN PAGE** July 2015 **GH** 89



HELP FOR EVERY ACCIDENT

What's that, Lassie? Timmy fell down (near) the well? Janie got a bee sting? Lisa cut her foot? Time to save the day

> HEAL AT HOME





If you got the burn from something hot (like a grill) and it's smaller than a quarter, rinse it with cool running water for at least 20 minutes, then cover loosely with gauze and secure with tape. Change the bandage daily and watch out for signs of infection such as redness, pus or swelling.



If the burn is from an electrical accident, like stepping barefoot on a fraved appliance cord: the skin is numb to the touch, white, waxy

or charred or smells singed; or the burned area covers a large portion of the palm of your hand or fingers, goes all the way around a toe, arm or leg or is on your face, feet, hands, buttocks, genitals or a major joint.



Press with a gauze pad until bleeding slows considerably or stops. Flush wound with tap water for at least two minutes; pat dry. cover with gauze and secure with tape. Splinter? Use a sterilized needle to lift its end so you can grip it with sterilized tweezers. Slide the splinter out at the same angle at which it appears to have gone in. Wash with warm water and cover with a bandage.



If blood still flows readily after 10 to 15 minutes of pressure; there's a large or deeply embedded object in the wound; or the wound is

gaping, muscle is showing or the edges won't come together. The cause of your cut matters, too: When a dirty object like a rusty nail or splinter of wood punctures your skin, tetanus is a risk. Haven't had a booster in the last 10 years? Get one ASAP. Can't recall your last tetanus shot? There's no harm in an extra dose.



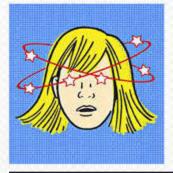
STINGS

For insect bites, use a credit card to gently scrape the stinger away. (To avoid squeezing out more venom, work below the venom sac if it's still attached.) Wash the area with soap and water and apply cold compresses to reduce swelling.



If you suspect an anaphylactic reaction. Warning signs: swollen lips or eyelids, an itchy red rash, hoarseness or wheezing, swelling

of the throat, difficulty breathing, vomiting, diarrhea, tightness in the chest and loss of consciousness. A call to your doc or an ER visit is also a necessity if a red ring forms around a bite, which could mean you've been bitten by a tick infected with Lyme disease; the sooner you get antibiotics, the more effective they are.



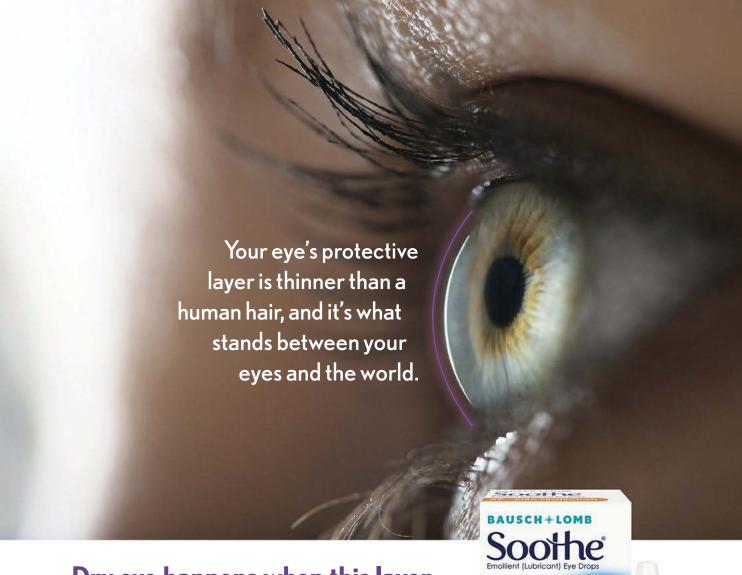
HEAD BONKS

The size of the "goose egg" does not correlate with the injury's severity, so monitor symptoms carefully. In the meantime, treat localized pain with ice and acetaminophen. Avoid ibuprofen and other NSAIDs, since they can interfere with internal blood clottingnever a good idea when you're dealing with a head wound.



If the injured person has lost consciousness (even for a brief time), complains of a severe headache, is vomiting or has

worsening symptoms, lethargy, confusion, seizures or clear fluid or blood leaking from her ears or nose. Call your doctor or go to the ER if she seems foggy or doesn't remember what happened.



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FIRST AID KITS

The GH Health Lab put 23 preassembled kits through the wringer. Behold the super-organized and smartly packed winners, at your service no matter where you are



FOR YOUR HOME

CVS PHARMACY BRAND ALL-PURPOSE FIRST AID KIT

Open up this soft case, and you'll see clearly labeled, resealable packets filled with items and instructions for six types of problems: cuts and scrapes; bleeding, wounds and burns; blisters, stings and splinters; sprains and strains; shock and the need for CPR; and headaches and other pain. So straightforward that anyone — even in panic mode — can use it. \$17, cvs.com

FOR YOUR CAR

AAA 121-PIECE ROAD TRIP FIRST AID KIT

Thanks to its hard case, this sturdy and complete zip-up kit won't get crushed by whatever else—say, a stroller or golf bag—is rolling around in your trunk. It's also free of oral meds, a useful safety precaution given that extreme temperatures can spoil drugs. \$30, amazon.com

FOR YOUR PURSE

AMERICAN RED CROSS POCKET FIRST AID KIT

Meet your perfect playground companion. This sleek, flexible, teeny-tiny kit (just four inches tall!) is transparent, so you can spot what you need at a glance. Inside, you'll find supplies required to treat minor cuts and scrapes, including antibiotic ointment, adhesive bandages and a miniature care guide. \$3, redcrossstore.org

Stay stocked!

Keep standard-size packs of your most-used OTC meds plus insect repellent, sunblock, bandages and first aid tape at home.

Check on the amount you have left each time you use each kit, and make a mental note if you need to refill. You should also schedule an annual date (say, when you haul out the patio furniture) to replace expired meds.





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Recommended by doctors, nurses and EMTs, these genius additions will take your kit (and you!) from handy to heroic

1. BABY WIPES

Say hello to your go-to cleaner-uppers, great for cleaning your hands or a muddy scrape, says Wendy Sue Swanson, M.D., a mother of two and a pediatrician at Seattle Children's Hospital.

2. HAND TOWEL

Unfurl it to create a clean surface for laying out supplies, or roll it up to stanch large bleeding wounds. Plus, says Kathleen Berchelmann, M.D., a pediatrician at St. Louis Children's Hospital, "helping kids tends to involve vomit; a towel helps with that, too!"

3. KIDDIE PACK

Little-known fact: Fun treats can not only make boo-boos seem to hurt less, but also stop kids from squirming—allowing you to take out those splinters! Easy options: bubbles, stickers or character bandages.

4. INFO CARD

Write your family's insurance info, birth dates, allergies, medications and health conditions on an index card and plunk it into a plastic sandwich bag. Brownie points if you add phone numbers for poison control, your doctor and an emergency contact.

5. BLISTER PADS

Look for a box that says "hydrocolloid" on the label. You can put them on any blister, even if raw skin is exposed, to "cut down on friction," says John Vonhof, a former paramedic and author of Fixing Your Feet.





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10



Get organized

You'll want a second these items for each of your cars and your home. Throw them into duffels with your store-bought kits.

6. GARBAGE BAG

6

Use it to cover a splinted limb, as a receptacle for bloody garbage or as a poncho (cut a hole for the head) when someone is hypothermic—such as when a swimmer stays in the water too long, says Tod Schimelpfenig, a wilderness EMT.

7. AFRIN NASAL SPRAY

If you've still got a bloody nose after having pinched your nostrils shut for 10 minutes, spritz with this. The active ingredient, oxymetazoline, constricts blood vessels and in turn halts the flow.

8. TEMPORARY DENTAL FILLING

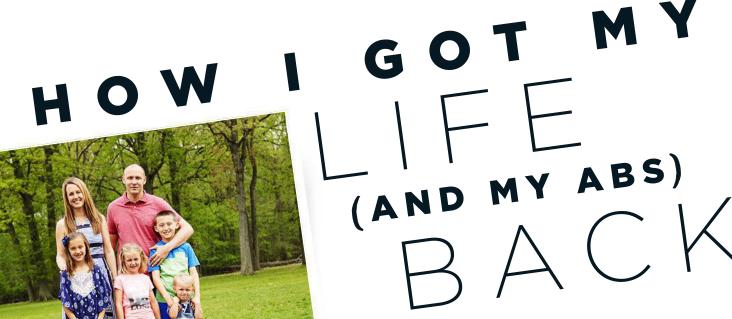
This putty molds to a damaged tooth, sealing it from the air and easing ache, says
Christopher Van Tilburg, M.D., a specialist in adventure-travel medicine. Roll a bit into a ball, place it on the tooth and bite down firmly for a minute.
See a dentist within a week or sooner if pain persists.

9. STORE-BOUGHT WATER BOTTLE WITH SQUEEZE NOZZLE

It will guarantee that you have fresh water to clean a wound. Plus, the nozzle provides the oomph needed to flush dirt and debris, says Dr. Berchelmann. To use, simply hold the bottle a few inches from the wound and squeeze firmly.

10. QUART-SIZE RESEALABLE BAG

Add ice, and presto: cold pack. It can also serve as a disposable glove or (eek!) a carrying case for an amputated finger or toe, says Jeffrey Pellegrino, Ph.D., a member of the Red Cross Scientific Advisory Council. (In the latter case, rinse digit and wrap in gauze; place the bag—not the digit itself!—in cold water en route.)



MIKE GARTEN, hair and makeup by Mary Guthrie for ab

After five pregnancies, including a devastating loss at 22 weeks, Nicole Brighouse struggled to recover emotionally and physically. Then she started to transform her body, and almost like magic, her outlook followed

BY SHEILA MONAGHAN

ROWING UP in a small New Jersey town, Nicole Brighouse played the field: "There were only eight kids in my class, so every student had to try every sport—basketball, soccer, softball, you name it," she says. Fitness was a family affair, too: Nicole's father was a runner, so she joined him in local races. She stuck with track and soccer in high school and continued with soccer in college.

Nicole, now 37, had her first child at 26 and discovered that parenthood did little to diminish her competitive spirit. She bounced back quickly from her first and second pregnancies, lacing up her sneakers following three months of recovery and slowly working her way from walking to jogging to running. But by the third pregnancy, "I had gained more, and I couldn't quite figure out how to manage three kids and get in the workouts I wanted," says Nicole. It took almost two years to finally lose the weight, and soon afterward, "I learned I was pregnant for the fourth time," she says.

SUFFERING A SHOCK

Though she was still learning to balance work with caring for three young children, Nicole was excited when she went in for her 22-week ultra-

NICOLE'S BELLY EXPANDS AND CONTRACTS...

OVER AND OVER AGAIN



2004 Carrying her first child, John.



2006 Carrying her daughter Elisabeth



2009Carrying her daughter Clare.



2011Carrying the baby she lost, David Blake.



2012
Carrying her son
David Christopher,
named after his
dad and in memory
of his brother.



2013
Nine months
after the birth of
her last child.



flat abs!

sound. But this time, the technician had a cold expression on her face as she silently moved the wand. Nicole asked the gender of the baby, and the technician replied, "A boy," before quickly excusing herself to go speak to the doctor. At that moment, "I knew in my heart something wasn't right," Nicole says.

The doctor explained that the baby showed abnormalities typical of two chromosomal disorders (Trisomy 18 and Trisomy 13), each of which usually carries a life expectancy of one year or less. "I was in complete denial," says Nicole. But at home that night, reality sank in. "My brain was going crazy wondering, Will the baby live for one week? How will we care for our other kids?" she says. She decided to have the test to confirm the results.

The next day, as Nicole sat in the waiting room, a stillness came over her body. "I thought our boy must have been sleeping, because I couldn't feel him moving," she says. Then the technician turned on the ultrasound. "She told us there was no heartbeat," says Nicole. "I went to the bathroom to compose myself, and a weird feeling came over me. All of the unknowns that had been swarming in my head were put to rest. In that moment, I felt relief."

The following day, Nicole went to the hospital to have her labor induced. "We got to hold him. We took pictures. The nurse gave us a memory book with handprints and footprints," says Nicole. "But I was just going through the motions. I couldn't feel much. Then the doctor gave us the amnio results. We learned the baby actually had Down syndrome."

Over the next few weeks, Nicole cried constantly. "I was crying that there was

"MY BRAIN
WAS GOING
CRAZY
WONDERING:

WILL THE BABY
LIVE? HOW
WILL WE CARE
FOR OUR
OTHER KIDS?"

something wrong with him, crying that we couldn't fix it, crying that I didn't get to meet him while he was living and wondering why he died when many kids with Down syndrome live into their 60s." But in addition to the sadness, "I felt a horrible sense of guilt," she says. "At times, I was relieved things ended the way they did. But how could I feel this way about my son? It felt wrong."

Her fiery dedication to fitness had been snuffed out. "I just didn't care anymore," she recalls. "I thought, Whatever. It doesn't matter anyway. Horrible things happen regardless of whether you take care of yourself." Nicole began eating with abandon, forgoing exercise and drinking too much. About eight months after the loss of her baby, carrying an extra 20 pounds,

she learned she was pregnant again and cut out the alcohol. She delivered a healthy boy in August 2012, but the newmom bliss she craved evaded her. "I hadn't dealt with the sadness from losing the previous child," she says.

Nicole took a yearlong sabbatical from teaching sixth grade science, but she found no respite. "I got into a deep depression, and the drinking started again," she says. She went back to work in September 2013, hoping that having a routine would help. But it only lifted her spirits temporarily. "I was busier, but I still wasn't exercising or feeling good," she says.

SUMMONING STRENGTH

In January 2014, Nicole's fighting spirit was awakened. "I started seeing a counselor and finally thought, *This is enough*," she says. "In looking back at my life, I realized there were two things that helped me feel good about myself: eating healthy and exercising."

Nicole's first steps were small ones. She started running again and attended the occasional boot camp class. Soon she was exercising six times a week, alternating fitness classes with jogs in her neighborhood. She still sets her alarm for 4:30 A.M. every day. "I have to lay out my clothes the night before in the hallway, so I don't wake up my husband," says Nicole with a laugh. The results have been dramatic. "Within a few months, I lost 30 pounds," she says.

THE FINAL HURDLE

There was just one element not yet addressed in Nicole's makeover: her belly. She was ready to move on from

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Sodium diacetate.
Things only a chemist would love.
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Cracked Pepper or Sriracha.
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it's easy to

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ACTIVE AND
HAPPY Losing
30 pounds changed
Nicole as a parent:
"Before, I didn't like
going out because
I didn't want people
looking at me. Now,
I love playing outside
with my children."

Dress, Draper James. Shoes, T.J. Maxx.

childbearing, but every time she looked in the mirror, she felt as if she were still in the thick of it. "I wouldn't wear fitted shirts because I felt they made me look three to four months pregnant," she says. "I figured I was stuck with this pooch for the rest of my life." Then one of her workout buddies offered a suggestion: "She told me about a group fitness class called SLT (Strengthen, Lengthen, Tone) that was working for her," Nicole says.

Nicole first visited her local SLT studio in November 2014 and was an instant convert. "I remember thinking, *Oh, my* goodness, *I didn't even know I had ab* muscles there. I had never done exercises that targeted some of these areas before."

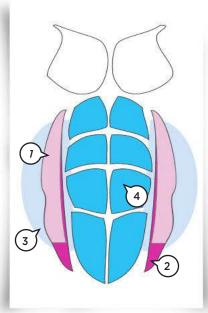
"Within weeks, I noticed my pants were a little bigger," she says. And others took notice, too. "My husband said to me, 'Nicole, I didn't think I'd ever see your stomach look this way again," she says with a laugh. "My obliques are actually the areas that have changed the most. As they got stronger and more toned, they seemed to pull in my more central ab muscles, flattening my entire stomach." (Try her favorite moves, page 102.)

And though her journey has been far from smooth, this working mom has emerged with renewed self-confidence. "When I look at my abs now, I'm reminded of all that I've gone through," she says. "Seeing them strong and toned has allowed me to see myself anew—as a wife and mother, and as an educator. They're a physical representation of the fact that I took back control."

ABNATOMY LESSON

PART 1 MIDSECTION MUSCLES 101

The first step to sculpting strong abs is understanding how they work. Exercise physiologist Michele Olson, Ph.D., gives a quick tummy tutorial.



1. External Obliques

They lie atop the internal obliques and help you rotate and flex sideways.

2. Internal Obliques

The deeper of the two layers of obliques; they help you flex and rotate from side to side.

3. Transverse Abdominis

This innermost muscle wraps around your belly button and compresses your trunk. Think of it as your body's corset.

4. Rectus Abdominis

The central muscles that get all the glory: "These are the 'six-pack' muscles we see on people with low body fat," says Olson. This layer flexes and curls your trunk.

PART 2 AB Q & A

HOW DOES AGING AFFECT ABS? Fluctuating hormone levels (a feature of both pregnancy and perimenopause) relax the muscles in your midsection. Plus, every time you put on pounds—pregnancy-related or otherwise—your abs loosen.

why is it so difficult to tighten abs? Because you need to strengthen all four types of ab muscles, and most exercises hit only some. The transverse abdominal muscles are particularly hard to engage.

which exercises actually work? Planks strengthen all four of the muscles (and your back!). Yoga can be effective, too, especially balance-challenging poses like Tree and Warrior. But your best bet is a serious core workout like SLT, the program that toned Nicole's stomach. (Turn the page for three exercises.)

which moves aren't worth doing? Surprisingly, sit-ups and crunches. The motion actually promotes separation of the rectus abdominis muscle.

even strong abs may become invisible if they're sheathed by a layer of fat. (For a diet plan, go to goodhousekeeping.com/supercarb.) Bloating can be a problem, too. To prevent it, limit salt and artificial sweeteners, especially sugar-free gum and diet soda. And try to eat more nuts; in a recent study, people who snacked on almonds had smaller waist-lines than those who had simple carbs like muffins.



Get dance-all-you-want bladder leak protection—Always Discreet for sensitive bladders. Our pads are up to **40% thinner*** for incredible comfort and **absorb 2x more than you may need,**** plus *our* pads are drier than Poise pads. Because hey, pee happens. Visit **alwaysdiscreet.com** for **coupons and to learn more.**



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3 MOVES TO TIGHTEN YOUR TUMMY

Strengthen, Lengthen, Tone — the workout that sent Nicole's "mom pooch" packing — has stomach-flattening down to a science, so we asked SLT instructor Jill DeMarco to adapt three of the program's most effective exercises for an at-home routine. Now all you need to whittle your middle is a towel, a chair and maybe some cute leggings.

BEAR CLAW

Start in a plank position with hands on floor and a towel under feet. Use abs to slowly bring both knees beneath hips, keeping back flat (as shown). Without pausing, slowly push legs back out to a plank. Repeat the movement continuously for one minute.

FRENCH TWIST

Begin in plank, with toes turned to right (left foot in front) and a towel under feet. Using abs, pike hips, sliding feet a few inches toward hands, then slide feet and legs back to start. Continue for one minute, then repeat on other side.

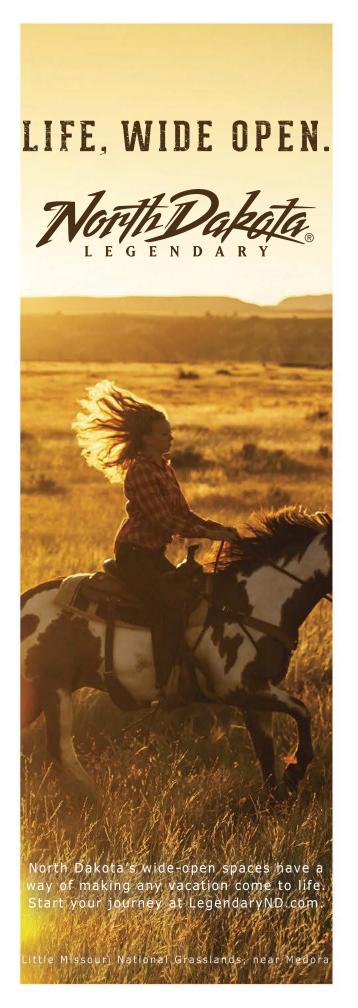


SPOON

Sit tall on a chair, legs straight out in front of you, a towel under heels. Press palms firmly into edge of seat and, using lower abs, pull hips up and back while sliding feet closer to chair (as shown). Slowly lower body, sliding feet away from chair until hips pass edge of chair. (Body should form a straight line from head to heels, and chest should be lifted.) Repeat slowly for one minute.

Complete this 10-minute workout every other day; fit in cardio on your days off. Want to try the real SLT? Visit sltnyc.com for more info. GET THE GEAR:
Top, shop.nordstrom.com.
Pants, nucusa.com.
Socia, shashlonline.com.

11KE GARTEN, hair and makeup by Mary Guthrie for abtp.com





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GH REPORT



BY THE EXPERTS AT THE GOOD HOUSEKEEPING INSTITUTE



BEST OF THE TEST

Textiles Lab

CARRY-ON LUGGAGE

Our pros and testers used and abused 14 polycarbonate suitcases made to fit in overhead bins. See which ones passed with flying colors, and use our packing tips to ace your next trip

CHOOSE NO-CREASE ITEMS

Opt for stretchy garments like knits with spandex. Limit woven fabrics (cotton chinos, oxford shirts), which are prone to wrinkling. Rolling up clothing also prevents wrinkles.

WEIGHT THE BASE

Place heavy items (hairdryer, shoes) near the wheels and lighter ones (socks, T-shirts) near the top handle. When the bag is upright, contents will stay in place.

★ BE SQUARE

cram in.

Use packing cubes, like Eagle Creek's Pack-It Specter Cubes (eaglecreek .com). These blocks organize items and stack together easily—no oddly shaped stuff to

DON'T UNDERPACK

It's tempting to save room for souvenirs, but extra space means items may shift around and wrinkle or break. (Don't overstuff, either—it's a surefire way to create crease marks.)



GET A HARD BODY

We chose to test 100% polycarbonate luggage for a reason: The material is lighter than aluminum and more durable than most other plastics. But we discovered that not all bags labeled "polycarbonate" are legit. Some (often the less expensive ones) are simply weaker plastic with a coating of polycarbonate on top, making them less durable. Our advice: If it doesn't say "100% polycarbonate," contact its maker to be sure.









BEST ALL-AROUND

Hartmann Vigor Carry On Spinner, \$300, shop.hartmann.com

Having snagged the top performance score in our test, this bag is a first-class pick for frequent travelers. It's lightweight, easy to roll and roomy—it held a three-day ward-robe and more (e.g., handbag, extra shoes) with room to spare, and testers rolled it easily through turns.

Good to know: The case is solid and scratch-resistant, but the zippers are not water-resistant.

Extra features: Built-in TSA lock; 360° wheels; top and side handles

WHEEL DEAL

Ricardo Beverly Hills Roxbury 2.0 21" Spinner, \$150, ricardobeverlyhills.com

This budget buy is expandable, holds a ton and—with its comfy grip and maneuverability—was a tester favorite. A handy retractable strap secures a second bag.

Good to know: At 8.2 pounds, it's the heaviest of our picks and less scratch-resistant than some others.

Extra features: Built-in TSA lock; 360° double wheels; side and top handles are cushioned; zip-open expander for extra packing depth

SPLURGE-WORTHY

Bric's Bellagio 21" Carry-On Spinner Trunk, \$550, bricstore.com

Yes, it's pricey, but its chic leather detail, light weight (6 pounds, the lightest of our winners), large capacity and durability make it a standout. It also meets some of the strictest airline size limits of 22" by 14" by 9" (airlines' size requirements differ).

Good to know: Testers said the telescopic handle was a bit hard to use.

Extra features: Built-in TSA lock; 360° double wheels; top handle



MIRIAM AROND GH Institute Director

as much as taking them. TripAdvisor and Yelp are my go-to sites, and the free TripAdvisor app has great offline features so you can check reviews and maps downloaded in advance—no need for Wi-Fi, and no roaming charges! GH has you covered with our carry-on picks (above), but if you do check a bag, consider

TrakDot (\$50, plus \$20 annual fee), a device you pop in your luggage that e-mails and texts its location to your phone—even if you're at LAX and your bag is at DFW. Also useful for bag tracking (and finding lost keys in a hotel room): Tile (\$25), a fob with an app. Caveat: It uses Bluetooth, so it's best for when you're within 100 feet of your bag. Happy travels!



Invisible Solid

Body changes can cause odor. So keep up with whatever the day throws your way with **Secret Clinical Strength's** Adapts&RespondsTechnology.™ **FEARLESSNESS.** APPLY DAILY.





Lexie Sachs Textiles Analyst @LexieSachs @ **¥**

WHAT DOES THE UPF LABEL ON **CLOTHING MEAN?**

UPF (Ultraviolet Protection Factor) is essentially built-in sunscreen for clothes. A UPF rating indicates the fraction of UV rays that pass through a fabric—so a UPF of 50 means just 1/50, or 2%, of rays will hit skin. All clothing has a little UPF naturally (a white T-shirt has a UPF rating of 7). but more companies are making garments with high UPFs by working sunscreen ingredients into fibers and/or using tightly constructed fabrics. The Skin Cancer Foundation recommends a UPF rating of 30 or more. Look for brands that make sun-safe clothing, such as Athleta, Lands' End. Columbia. Mott 50 and Coolibar. And do apply SPF 30+ to exposed areas.





H₂O PHONE

New sealants say they help prevent liquid damage, but do their claims really hold water?

DROPPED YOUR PHONE in the pool? Or maybe you found it sitting in spilled wine at the bar? We've been seeing more products aimed at protecting phones from water damage, so our experts tested two promising options: Liquipel (\$60), a mail-in service, and Impervious, a DIY spray (\$30).

WHAT WE FOUND: Both phones worked after tests that simulated light H₂O exposure (soft rainfall, a spill mopped up quickly). But neither survived the equivalent of hard, continuous rain (the Liquipel phone lasted a bit longer before blacking out). Liquipel claims to help with spills, rain and accidental immersion

(say, in the toilet), but not to prevent damage if the phone is underwater for a while. Impervious claims to protect a phone submerged in up to one meter, but only if you've taken it apart and sprayed the internal circuitry first, which we opted not to do, since this can void a phone's warranty.

BOTTOM LINE: Both can offer protection against minor spills and light rain, but if your device stays submerged longer than a minute or so, it's likely sunk. Bona fide waterproof phones exist, but can be pricey, and waterproof cases are an option if you don't mind a bulky design. Otherwise, if phone meets pool, see below.

WATERLOGGED PHONE? GH TO THE RESCUE

If your phone blacks out, don't turn it on. And even if it's still "working," turn it off and follow this guide:

PRO FIX

TRY TEKDRY.COM

Go pro. For \$50, TekDry will work magic (there's a 75% success rate if the phone arrives within two days and hasn't been plugged in); if they can't fix it, you don't pay.

DIY STEPS

DRY IT ASAP BAGIT

a packs) and s

2.

3. WAIT It 24 hours **one from its** ife haven and try to turn it on again.

Athleta Rashguard, \$79, and Bottom, \$49, athleta.com







TURN YOUR OLD TV into a smart TV by adding one of these entertainment devices. Called streaming-media players or boxes, they allow you to access your favorite shows, movies, music, games and more on demand through the Internet. Our engineers and

in-Lab testers scrolled and screened to find the best picks, so whether you're a die-hard HBO fan (*Veep* binge!) or an ESPN buff, there's something for you. With so many choices, you may consider cutting the cable cord—and the bill that goes with it—for good.

	DOES IT ALL	VALUE PICK	EASY NAVIGATION	CONTENT KING
	AMAZON FIRE TV	AMAZON FIRE TV STICK	GOOGLE NEXUS PLAYER	ROKU 3
PRICE	\$99	\$39	\$99	\$100
GREAT FOR	parents who want total reign over what kids can watch; occasional gamers	anyone on a budget— you get nearly all the services of Amazon Fire TV for a fraction of the price	tech novices and Android users (easily syncs content and apps across devices)	subscription junkies who sign up for everything and want to access it all in one place
NOTABLE	Hits all of our marks— has impressive voice control, premium games (NBA 2K15, Minecraft) and parental controls that limit time on apps and games.	Pop it right into the HDMI port and navigate on the screen via a remote. Apps may take longer to load than they would on other winners.	Rated fastest and easiest to set up by testers. Google games are available, though we suggest buying the \$40 controller for the best experience.	Boasts over 2,000 "channels" (apps) and is easy to set up and use. No parental controls.
SPEED How quickly selections load	4.5 (out of 5)	4	5	4.5
INTERFACE Ease of navigation and visual appeal	4.3	4.3	4.6	4
REMOTE Ease of use and how much it does	Our testers' favorite—it's simple, but still offers lots of functions, like a button for voice-controlled searching.	Similar to the pricier version (left), but you need a phone for voice control. It's tiny, so it can get lost easily.	Testers liked talking to the TV via the voice-control button. Clean and intuitive design.	A built-in headphone jack lets you watch without disturbing anyone (night owls, rejoice!).
EXTRA CONTENT All support Netflix, Hulu Plus, Pandora, YouTube and MLB	Compatible with HBO Go and, of course, Amazon Instant Video	Doesn't support premium games, but does have Amazon Instant Video	The only winner without a Spotify app, but it does have Songza	Compatible with HBO Go, WatchESPN, Spotify and tons of games
PHOTO SHARING	Amazon Cloud Drive	Amazon Cloud Drive	No dedicated apps	Flickr, Picasa

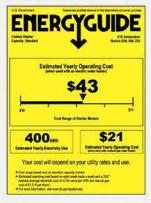


LABEL DECODER

A NEW SPIN ON VASHING MACH

OLD LABEL

You'll still see this in stores on washers made before March 7, 2015, when energy use wasn't required to be measured as comprehensively



NEW LABEL Washers made on or after March 7

2015, use less H₂O, and electricity usage is measured more rigorously.

BUYING TIP

Because energy info on old labels is calculated using a different standard than on new labels, only compare label data when it's apples to apples (old to old, new to new).

CONSUMER UPDATE: All washing machines made and sold since this past March 7 are required to use less water than older models - and their energy use is measured using a revised standard you'll see reflected on new labels (above right). Estimates of energy use and cost now include how much energy a machine requires when it's on standby. You'll still see older models in

stores, but our appliance experts say to spring for a newer model, which will generally be more efficient. A downside to machines that use less water, especially HE (high-efficiency) ones, is that they can have a tougher time rinsing clothes and dispelling suds, which may lead to longer rinse cycles. And if you don't use the proper detergent (see right), you could have suds overload.

PRICE CHECK INSECT REPELLENTS

Look for ones like these, with at least 20% DEET (the amount the CDC recommends to repel ticks) and no more than 30% for kids

Cutter Backwoods Aerosol	WALMART .COM	WALGREENS .COM	DRUGSTORE .COM	LOWE'S (IN STORE)
Insect Repellent (6 oz.)	\$7.91	\$6.49	\$5.24	\$3.97
Off Deep Woods Aerosol Insect Repellent	\$5.88	\$6.99	\$6.39	\$5.97

HOW IT WORKS

A specially formulated detergent that minimizes suds in high-efficiency (HE) washers. Many brands labeled "HE-compatible" are not formulated just for HE models and may not work as well.

WHY YOU NEED IT

HE washers—especially those manufactured after March 7, 2015 (see left) - are using less water than ever, so suds can linger. Any extra lather interferes with agitation and the cleaning action of other ingredients, and it may also add rinse time or even shut the washer down.

WHY IT'S MAGIC

The detergent's new technology prevents an overly soapy soup from formingand when suds do pop up, they collapse quickly. The formulation is available in liquid, powder and Pods.



MIKE GARTEN (insect repellent)





BEST OF THE TEST

From Our Textiles Lab

CAMPING TENTS

Our pros pitched 10 models and evaluated their rain resistance, roominess, ease of setup and more. These make for happy campers



OVERALL WINNER

Blg Agnes Chimney Creek 4 mtnGLO, \$450, blgagnes.com

Mom "glampers" will love the easy-tote handles; tall parents will appreciate its spaciousness (height: 5' 9"); and kids will flip for its built-in LED lighting system (ambience for ghost stories!).

#CAMPINGHACKS



TENT-TOTING TRICK

If your tent is a bear to lug, wrap a couple of bungee cords around it for straps.



DIY LANTERN

Pop a batterypowered night light or key chain flashlight into a mason jar with a side handle.



INSTANT SPOTLIGHT

Use your car's reflective sunshade as a lamp: Shine a flashlight on it to light up the interior (foil works, too).



BEST FOR BEGINNERS

Eureka Jade Canyon 4, \$300, eurekatent.com

This was the fastest to pitch and the tallest (7') of our winners, and its hanging media center with pockets for all things digital will make it feel as if you never left home.



TOUGH STUFF

Marmot Limestone 4P, \$339, marmot.com

Nature buffs who aren't afraid of a stormy forecast will be grateful for this tent's rugged aluminum alloy poles, thick fabric floor and water-repellent fly cover, all of which made it tops in our durability test.



BIKES WITH FAULTY BRAKES

After reports of three injuries due to interference with brakes, including one that left a rider paralyzed, Trek has recalled over 900,000 bicycles equipped with front disc brakes. Repairs are available; go to trekbikes.com for info.

SHOCKING VACUUMS

Over 142,000 Shark upright vacuum cleaners have been recalled after reports that the aluminum wand can disconnect from the handle, posing a risk of electric shock. Contact Euro-Pro via sharkrecall .com for a replacement wand.



Utah at age 17. Living 30% longer than his typical life span.

He's enjoying an exceptionally long life, with many more adventures ahead.





Typical Labrador life span: 12 years

Eukanuba Dedicated to Healthier, Longer Lives

Available at your local pet store Learn about the long life study at **Eukanuba.com**



COLLISION

WARNING

These systems monitor

traffic ahead and signal

an impending crash via

alerts such as a

red light on the mirror,

a beep or vibration of

the steering wheel.

YOU AUTO KNOW

SMARTER, SAFER DRIVING

At least 90% of auto accidents are due to human error, so carmakers are rolling out safety systems that aim to trump drowsiness, poor judgment and more

CARS CAN DO WHAT?!

On the road to creating the self-driving car (coming soonish; see below), manufacturers are offering crash-avoidance technology on most new cars (In many cases, on an add-on basis). These features (see right) use sensors, lasers, radar and cameras and have the potential to save lives. They can't replace good driving, of courseand the technology may be distracting if you're not familiar with it—but experts have already seen a reduction in crashes of certain models that use front crash prevention systems.

THE CAR OF THE FUTURE

How far away is the self-driving car? The technology exists and is being tested and refined. But Insurance laws, highway regulations and public acceptance are further away. Some experts say we'll see self-driving cars on the market as early as 2020.



ADAPTIVE CRUISE CONTROL

Once you preset your speed, the car automatically slows down or goes faster based on the traffic ahead.



DROWSINESS DETECTION

Cameras monitor eyes, and sensors track distance of traffic in front of you (soon, seats may detect heart rate to gauge lethargy)alerts prompt you if something's awry.



LANE **DEPARTURE PREVENTION**

If you stray into the next lane without signaling, the steering wheel may vibrate or subtly turn on its own to keep you in line.



COLLISION MITIGATION

Some models can apply brakes automatically to reduce the chances of a crash.



PARKING ASSIST

Some parallel park for you, hands-free (you control brakes and acceleration); others offer a bird'seve view via cameras and sensors.



BLIND SPOT DETECTION

Sensors scan side and rear areas. alerting you (via a light in a side mirror or a loud beep) that another car is near. Some systems provide corrective braking.



CROSS-TRAFFIC ALERT

Cameras and/or sensors alert you when a biker or a car is approaching from the side or from behind. Some systems apply brakes.



REAR CAMERAS

These will be mandatory in new cars by 2018; the extra visibility helps prevent accidents like hitting a child who's behind the car.



istockphoto (car)



OUR PROMISE

GH Seal products are rigorously assessed by the GH Labs. We stand behind them with our exclusive refund-or-replacement limited warranty.*

Seal Spotlight EXTERIOR DESIGN

Increase your home's value and improve the view by adding a Lab-vetted Seal star





AWESOME AWNING

Roll out a posh alternative to a sun umbrella—and when it's motorized, you don't even have to break a sweat to get instant shade. The motorized and manual styles from SunSetter (a Seal holder since 1999) passed our Lab's assessments for water repellency and withstanding gusts of over 30 mph, and all open and close in under a minute.

SunSetter Awnings, sunsetter.com

STEP OUT IN STYLE

Relandscaping with pavers, like the slip- and crack-resistant ones above, is financially smart for two reasons: It raises a home's market value, and it can prevent expensive damage from soil erosion and flooding. Try out different designs by using the tool at belgard.com/visualizer—upload a photo, then "build" your dream patio or driveway.

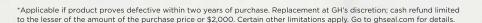
Belgard Hardscapes Pavers, belgard.com



BRILLIANT BOOST: A NEW HUE

A FRESH COAT OF OUTDOOR PAINT has a return on investment (ROI) that's one of the highest for a home project—it almost pays for itself come selling time. In evaluating Olympic One's exterior flat line for our coveted Seal, our experts found that the two-in-one paint and primer delivered on its claims of providing all-climate protection and resisting cracking, peeling and fading. And yes, it comes in lots of pretty colors, too.

\$28 per gallon, olympic.com





Not private plane rich. Picnic blanket rich.

And these outdoor snacking ideas from RITZ Crackers make even the simplest moments rich with possibilities.





Hummus, feta, cucumber and red pepper on a RITZ baked with whole wheat cracker adds a little international flavor to all your backyard fun.



Nuggets & Adults

Keep everyone happy with potato nuggets, melted cheese, sour cream and fresh chives atop a RITZ bacon flavored cracker (artificially flavored).



For a crunchy spin on a summertime classic, top a RITZ cracker with sliced hot dog, ketchup, mustard and relish.

Not country club rich. Book club rich.









HIGH PROTEIN TO RECHARGE YOUR BODY

16g Protein

23 Vi

Vitamins & Minerals 160

Calories





New Ensure Active™ High Protein

Nutritious energy and strength go hand in hand. So we put them both in a bottle.

Use as part of a healthy diet and exercise plan.
*Among doctors who recommend liquid nutritional products.

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STEP 1 Peel zucchini or yellow squash into wide ribbons.



STEP 2 Spread on 1 Tbsp. cream cheese and add your fave thin-cut veggies, ends up.



step 3 Tightly roll up sushistyle—the cream cheese will act like "glue." food news



Susan Westmoreland

Food Director

@ghtestkitchen

•

YOU CAN DO IT

GRILL PIZZA!

I could eat pizza 365 days a year. Come summer, I'm all about grilling it. The first time I put a floppy dough round onto the grill, my then-toddler son thought it was magic. I agree!

HOW-TO:

Set the grill on mediumlow. Divide a pound of dough into 4 balls and pat each until it's ¼ inch thick, laying it on parchment. Flip crusts onto the grill and cook 'em 2 to 3 minutes (until puffed and browned), then remove and turn grilled side up. For Margherita pizza (a family favorite), top with sliced tomatoes, fresh mozzarella and torn basil leaves. Grill pizzas, covered, 3 to 5 minutes until cheese melts. Slice and serve!





FISH DISH

This ceramic baker, sized for a whole fish, goes on the grill or in the oven *and* to the table. Plus, cleaning it's a cinch.

\$80, emilehenryusa.com



IT'S A DRY HFAT!

Finally, Sriracha sauce is a dry seasoning. Add a sweet-spicy kick to rubs, pizza, popcorn...anything! \$6 for 2.37 oz., mccormick.com

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FROZEN FUN

Transform healthy smoothies into character pops. That frog is made of green juice! Yup, your kids will be fooled, too. Zoku Character Pop Molds, \$8 each, zokuhome.com



#GHdesserthack

ice cream'wich

Press a scoop of ice cream between two soft cookies for an instant dessert. You can get gourmet and play with flavor combos like pistachio and chocolate! Try our homemade fudgy cookies (recipe, page 149)—they stay chewy even when frozen!



pitcher perfect

This iced tea maker holds enough to serve a crowd (1 gallon), fits into a fridge door and won't overbrew your tea, thanks to its removable brew basket. \$30, primula products.com

130 GH July 2015









EASY WEEKNIGHTS

Eat out(side)! Try a delicious **grilled dinner** that gives the kitchen a break



Stick Pick

Use metal skewers to save yourself the half hour needed to soak bamboo ones in water.



OUR PLAN has all the right foods to fill you up, boost your energy and help you lose weight. The secret: complex carbs, like the chickpeas in this salad. For more recipes and plan details, go to goodhousekeeping.com/supercarb.

PHOTOGRAPHS BY MIKE GARTEN FOOD STYLING BY SHERRY RUJIKARN PROP STYLING BY CATE GEIGER

SWORDFISH WITH SUMMER SALAD

Heat grill to med.-high. Grill 3 lg. ears corn, husked, 12 min. or until charred in spots, turning. Thread 1 lb. swordfish steak, skinned and cut into 1-in. chunks, onto 8 soaked bamboo skewers. Brush fish and 3/4 lb. zucchini, sliced, with 1 Tbsp. canola oil; sprinkle with 2 tsp. chili powder and ½ tsp. salt. Grill fish and zucchini 6 min. or until fish is opaque, turning once. Cut corn off cobs, chop zucchini and toss with 2 cans (15 oz. each) chickpeas; ½ c. packed mint, chopped; 3 Tbsp. lime juice; 1 Tbsp. oil; and ¼ tsp. salt. Serve with kabobs.

SERVES 4 ABOUT 500 CALS, 34 G PROTEIN, 55 G CARBS, 19 G FAT (3 G SAT), 12 G FIBER, 735 MG SODIUM.

YOUR KITCHEN

20-minute meals

TOMATO-EGGPLANT TARTINES

Heat grill to med. Grill 8 thick slices rustic Italian **bread** 5 min. or until well toasted, turning once. Transfer to Ig. platter. Rub bread lightly with 1 lg. clove garlic, peeled; drizzle with 2 Tbsp. olive oil. Toss 3 sm. eggplants, thinly sliced, with 2 Tbsp. olive oil; sprinkle with 1/4 tsp. salt. Grill 5 min.: turn slices over and top with 1 c. shredded mozzarella (about 4 oz.). Grill 5 min. or until cheese melts. Top bread with 4 sm. tomatoes, thinly sliced, then 1/8 tsp. salt. Layer with eggplant. Sprinkle with 1/4 c. grated Parmesan. Garnish with basil.

SERVES 4 ABOUT 425 CALS, 32 G PROTEIN, 45 G CARBS, 22 G FAT (7 G SAT), 6 G FIBER, 480 MG SODIUM.





PUTTANESCA FRESCA

Heat grill to med. Toss 1 lb. sm. skinless, boneless chicken breasts with 1 Tbsp. olive oil and ½ tsp. each salt and pepper. Grill 15 to 20 min. or until cooked through, turning once. Combine 1 lb. tomatoes, chopped; 3/4 c. pitted Kalamata olives, chopped; 1/4 c. packed fresh parsley, chopped; 2 Tbsp. capers, drained and chopped; 2 cloves garlic, crushed with press; 2 Tbsp. olive oil; 1 Tbsp. red wine vinegar; and ¼ tsp. salt. Thinly slice chicken; add to bowl with tomatoes along with 1 lb. rigatoni, cooked, tossing until well combined.

SERVES 6 ABOUT 475 CALS, 27 G PROTEIN, 61 G CARBS, 14 G FAT (2 G SAT), 4 G FIBER, 660 MG SODIUM.



MEDITERRANEAN SPICED BURGERS

Heat grill to med.-high. Mix 1 lb. ground meat (lamb, beef or turkey); ½ c. packed fresh cilantro, finely chopped; 2 cloves garlic, crushed with press; and 1 tsp. ground **coriander** until just combined. Form into 4 patties (about ½ in. thick); sprinkle with ¼ tsp. salt. Grill burgers 8 to 10 min. (for med.), turning once halfway through. Stir together 1/3 c. ketchup and 1 tsp. curry powder. Serve burgers on 4 buns, toasted, with curry ketchup. Garnish with 2 Tbsp. crumbled feta cheese; 1 sm. red onion, sliced and grilled; and cilantro, if desired.

SERVES 4 ABOUT 385 CALS, 25 G PROTEIN, 30 G CARBS, 18 G FAT (7 G SAT), 2 G FIBER, 665 MG SODIUM.





GRILLED VEGGIE COUSCOUS SALAD

Heat grill to med.-high. Brush 2 med. red peppers, seeded and quartered; 2 portobello mushroom caps; and 2 lemons, halved, with 2 Tbsp. olive oil. Sprinkle with ½ tsp. salt. Grill mushrooms 15 min. or until tender, turning once. Grill lemons, cut sides down, 8 min. or until charred. Grill peppers 6 min. or until softened, turning once. Combine 1 container (5 oz.) arugula; 1 c. bite-size chunks Pecorino cheese (4 oz.); 1 c. couscous, cooked; 3 Tbsp. olive oil and ¼ tsp. each salt and pepper. Thinly slice peppers and chop mushrooms; add to arugula along with juice from lemons. Toss well.

SERVES 4 ABOUT 450 CALS, 19 G PROTEIN, 42 G CARBS, 23 G FAT (7 G SAT), 5 G FIBER, 920 MG SODIUM.



We went **coconuts** in the GH Test Kitchens and added a tropical twist to this brunch must



COCONUT FRENCH TOAST

In shallow 3-qt. baking dish, whisk 5 lg. eggs, 1 can (14 oz.) unsweetened coconut milk, ¼ c. brown sugar, ½ tsp. pumpkin pie spice and pinch salt. In 12-in. nonstick skillet, heat 1 tsp. vegetable oil on med. Soak 4 thick slices brioche or challah bread in egg mixture, letting excess drip off; add to skillet. Sprinkle each slice with 2 Tbsp. sweetened shredded coconut; press to adhere. Cook 4 min. or until bottom of bread is deep golden brown. Gently turn slices over; cook 2 min. or until coconut flakes are deep golden brown. Transfer to parchment-lined cookie sheet and keep warm in 300°F oven. Repeat with 4 more slices bread, adding another 1 tsp. oil if necessary. Serve with mixed berries, confectioners' sugar and maple syrup, if desired.

SERVES 4 ABOUT 575 CALS, 15 G PROTEIN, 60 G CARBS, 32 G FAT (22 G SAT), 1 G FIBER, 540 MG SODIUM.





Get out and grill.

Fire up the grill and give your friends and family a taste of summer. Pick up everything you need for a crowd-pleasing get-together this weekend!















thePANTRY





Strawberry Mania Smoothie, Green Light Juice, Frozen Margarita and Beet Red Refresher recipes are adapted from Good Housekeeping Juices & Smoothies: Sensational Recipes to Make in Your Blender, Hearst Books, 2015.

Enter for a chance to win one of 10 copies at goodhousekeeping.com/julycookbook. See rules on page 151.

JUST BLEND IT

Strawberry Mania Smoothie

Blend ¼ c. cranberry juice cocktail, chilled; 1 container (8 oz.) low-fat strawberry yogurt; and 1 c. frozen strawberries until smooth. Serves 1.

Green Light Juice

Blend 4 **kale leaves** (stems and tough ribs removed and discarded), 1 c. each **coconut water** and **seedless green grapes** and 1 (½-in.) piece fresh peeled **ginger**, sliced, until smooth. Strain through fine sieve into lg. measuring cup; discard pulp. Serves 1.

Frozen Margarita

Blend 4 c. ice, ½ c. each tequila and Cointreau (orange-flavored liqueur) and ¼ c. fresh lime juice (from 2 to 3 limes) until smooth. Serves 4.

Mango Margarita

Blend 6 c. ice; 3 ripe mangoes, peeled and chopped; 3 Tbsp. orange juice; 2 Tbsp. honey; 2 Tbsp. lime juice; 1 tsp. grated orange peel; and 1 c. white tequila (optional) until smooth. Serves 8.

Blueberry Pie Shake

Blend 2 c. vanilla ice cream, 1 container (6 oz.) blueberries and 2 sheets graham crackers or 4 vanilla wafer cookies until smooth. Serves 2.

Java Banana Smoothie

Blend 2 ripe bananas (preferably frozen), cut up; ¾ c. cold coffee; ¾ c. milk; 3 Tbsp. brown sugar; and 1 c. ice until smooth. Serves 2.

Kiwi Slushie

Blend 4 c. ice; 6 kiwis, peeled and sliced; 6 Tbsp. agave nectar; ½ c. packed fresh mint; 2 tsp. fresh lime juice; and 1 c. light rum (optional) until smooth. Serves 6.

Pineapple Coconut Slushie

Blend 6 c. ice, 3 c. fresh pineapple chunks, 1 can (15 oz.) cream of coconut, 1 c. pineapple juice, 1 tsp. grated orange peel and 1½ c. dark rum (optional) until smooth. Serves 8.

Peach Melba Slushie

Blend 3 c. ice; 2 c. peeled and sliced peaches (fresh or frozen); 1 container (6 oz.) raspberries, lightly mashed; ¼ c. agave nectar; 2 Tbsp. sugar; 1 Tbsp. fresh lemon juice; 1 tsp. vanilla extract; and 1 c. vodka (optional) until smooth. Serves 6.

FROM THE COVER

Beet Red Refresher

Blend 2 c. (8 oz.) fresh strawberries, quartered; 1½ c. cold water; 1 c. sliced refrigerated cooked beets; ½ sm. Granny Smith apple, peeled and sliced; 3 Tbsp. lemon juice; and 1 Tbsp. agave nectar until smooth. Serves 2.

IT'S LIKE HAVING A NEW COOKBOOK EVERY MONTH!







Fresh Melon Soup with Crispy Pancetta

PREP 20 MINUTES
TOTAL 25 MINUTES PLUS CHILLING

- 2 sm. ripe cantaloupes, peeled, seeded and chopped
- 1/4 c. fresh lemon juice
- 1/4 c. packed fresh basil leaves
- ½ c. olive oil
- Tbsp. snipped chives, plus more for garnish
- 8 thin slices pancetta
- 1. In blender, combine cantaloupe, lemon Juice, 1¼ c. water and 1 tsp. salt. Blend until smooth. Refrigerate until cold, about 2 hrs. Makes 6 c. (Can be made up to 2 days ahead; refrigerate.)
- 2. Heat 2-qt. saucepan of water to boiling on high. Fill bowl with Ice water. Add basil to boiling water; boil 30 sec. or until bright green. With slotted spoon, transfer basil to bowl with Ice. Let stand 5 min.; drain thoroughly. Pat basil dry. To blender, add basil, oil and chives. Blend until smooth; set aside.
- 5. Preheat oven to 400°F. Line rimmed baking sheet with foll. Arrange pancetta in single layer. Bake 14 to 16 min. or until golden brown. Transfer to paper towel.
- 4. To serve, divide soup among serving bowls. Top each with herb oil, pinch black pepper, chives and pancetta.

SERVES 4 About 335 cals, 3 g protein, 19 g carbs, 29 g fat (4 g sat), 2 g fiber, 680 mg sodium.

Squash Gazpacho

PREP 20 MINUTES
TOTAL 40 MINUTES PLUS CHILLING

- 2 Tbsp. olive oil
- 1½ lbs. yellow squash, seeded and sliced
- 1 Ig. yellow pepper, seeded and sliced
- 2 cloves garlic, chopped
- 1 tsp. ground cumin
- 2 c. lower-sodium vegetable or chicken broth
- 1 Tbsp. fresh lemon juice
- 4 oz. soft goat cheese
- 8 slices baguette, toasted Smoked paprika, for garnish
- 1. In 5-qt. saucepot, heat oil on med. Add squash, pepper, garlic, cumin and 1 tsp. salt. Cook 10 min. or until vegetables are almost soft, stirring occasionally. Add broth. Heat to simmering on high. Reduce heat to med.; simmer 15 min. or until vegetables are very soft. Pour into blender; blend until smooth. Stir in lemon juice. Refrigerate until cold, about 8 hrs. Makes about 5 c.

 2. When ready to serve, spread goat cheese on toasted baguette slices. Serve soup with goat cheese

SERVES 4 About 255 cals, 11 g protein, 26 g carbs, 13 g fat (5 g sat), 4 g fiber, 945 mg sodium.

toasts and garnish with pinch

Sweet Beet Soup

PREP 15 MINUTES
TOTAL 25 MINUTES PLUS CHILLING

1 Tbsp. olive oil

smoked paprika.

- 1 med. onion, thinly sliced
- 1 lb. cooked, refrigerated beets
- 1 Granny Smith apple, peeled, cored and chopped
- 2 c. lower-sodium vegetable or chicken broth Sour cream and dill, for garnish
- 1. In 10-in. skillet, heat oil on med.-high. Add onion and pinch salt. Cook 5 min. or until browned and starting to soften, stirring frequently. Let cool.
- 2. To blender, add beets, apple, broth, onion and ½ tsp. salt. Blend until smooth. Refrigerate until cold, about 3 hrs. Makes about 5 c. To serve, garnish with sour cream and dill.

SERVES 4 About 120 cals, 2 g protein, 21 g carbs, 4 g fat (1 g sat), 3 g fiber, 580 mg sodium.







Blend 1 c. sun-dried tomatoes packed in oil, drained; ½ c. olive oil; ¼ c. packed fresh parsley; 2 Tbsp. fresh lemon juice; 1 Tbsp. capers, drained; 1 tsp. grated lemon peel; and 1 clove garlic until mostly smooth

Sicilian Pesto

Toss with pasta and shredded chicken or use on grilled-veggie sandwiches.

Pistachio-Mint Pesto

Blend ½ c. packed fresh mint, ½ c. olive oil, 1/3 c. shelled pistachios, grated peel of 1 med. orange (about 1½ tsp.), ¼ c. packed finely grated Pecorino cheese (about 1 oz.) and 1/4 tsp. salt until mostly smooth

Use on steamed halibut or cod or with roasted green beans.

Spicy Thai Pesto

Blend 1 med. sweet long red pepper, seeded and chopped; ½ c. vegetable oil; 1 stalk lemongrass, outer layer discarded, thinly sliced; 2 thin slices ginger; 2 Thai chiles (or 2 serrano chiles); 2 Tbsp. fish sauce; 1 clove garlic; and ½ tsp. coriander seeds until smooth. **Use on** grilled shrimp

or roasted chicken.

Cauliflower Tapenade

PREP 20 MINUTES **TOTAL 25 MINUTES PLUS CHILLING**

- c. cauliflower florets (about 12 oz.)
- c. olive oil
- c. pitted green olives
- green onions, sliced
- Tbsp. fresh lemon juice Baguette slices or crudités, for serving
- 1. In bowl, combine cauliflower and 2 Tbsp. water. Cover: microwave on High 7 min. or until very soft. Let cool.
- 2. In blender, combine oil, olives, green onlons and lemon juice; blend until mostly smooth. Add cauliflower and 1/2 tsp. salt; blend until smooth, stopping and stirring occasionally. Refrigerate until cool. Makes 2 cups. Serve on baguette slices or with crudités for dipping.

SERVES 8 About 275 cals, 1 g protein, 3 g carbs, 29 g fat (4 g sat), 1 g fiber, 390 mg sodium.

Pepita Pesto

Blend 1 c. packed fresh cilantro, ½ c. **olive oil,** ⅓ c. pepitas (pumpkin seeds), 2 Tbsp. lime juice, 1 clove garlic, 1/4 tsp. cayenne (ground red) pepper and ½ tsp. salt until mostly smooth. Use on grilled steak or chicken tacos.





Green **Goddess Dressing**

Blend ½ c. each sour cream, packed fresh tarragon and

⅓ c. **mayonnaise**; 3 Tbsp. fresh lemon juice; 5 anchovy fillets; 2 Tbsp. snipped fresh chives; 1 Tbsp. cider vinegar; and $\frac{1}{4}$ tsp. salt until smooth.

Stir into chicken salad with apple and walnuts, or use on a crudité platter or in deviled eggs.



Tomato-Miso Dressing

In 10-in. skillet. cook ¼ c. canola oil: 1 sm. shallot, sliced; 1 jalapeño chile, sliced; and

1 clove garlic, chopped, on med. 3 to 4 min. or until slightly browned, stirring. Add 8 oz. tomatoes, chopped. Cook 5 min., stirring. Cool. Blend with 3 Tbsp. miso, 3 Tbsp. rice

Use on grilled veggies, like asparagus and zucchini, or grilled salmon.

vinegar and 1 Tbsp. water.



Creamy Brie Dressing

Blend 8 oz. Brie cheese. rind removed and discarded: ¼ c. each **milk** and fresh

lemon juice; 3 Tbsp.

extra virgin olive oil; 1 clove garlic; 1 tsp. honey; and ½ tsp. each salt and pepper until smooth.

Use on crispy chicken tenders, or stir into macaroni salad with peppers and ham or potato salad with bacon and herbs.





Berry Best Fro-Yo Pops Blend 1½ c. reduced-fat plain Greek yogurt, 1 container (6 oz.) blackberries, 1 container (6 oz.) blueberries, 3 Tbsp. honey, 2 Tbsp. sugar and 1 tsp. vanilla until combined but still chunky. Divide among ice pop molds; add sticks. Freeze until solid, about 6 to 8 hrs. Makes

6 to 8 pops.

Ginger Fruit Smash Pops In sm. saucepan, heat 1 c. water; 1/3 c. sugar; 1 (4-in.) piece fresh ginger, sliced; 4 strips **lemon peel**; and pinch cayenne (ground red) pepper on high until sugar dissolves, stirring. Transfer to blender and blend until smooth. Strain into liquid measuring cup; discard solids. Fill ice pop molds halfway with ginger syrup. Add sm. pineapple chunks, green grape halves and kiwi slices to molds. Add remaining ginger syrup to fill molds completely. Add sticks; freeze until solid, about 6 to 8 hrs. Makes 6 to 8 pops.

Iced Mocha Fudge Pops
Blend 1½ c. double-strength
coffee, ¾ c. sweetened
condensed milk, 3 Tbsp.
unsweetened cocoa and
pinch salt until smooth.
Divide among ice pop molds;
add sticks. Freeze until solid,
about 6 to 8 hrs. Makes
6 to 8 pops.

Mixed-Berry Blitz Pops Blend 8 oz. strawberries, 1/4 c. each water and sugar and 1 Tbsp. **lemon juice** until smooth; transfer to liquid measuring cup. Wash and dry blender. Blend 1 container (6 oz.) blackberries and 1/4 c. each water and sugar until smooth. Fill ice pop molds halfway with strawberry mixture. Add blackberry mixture to fill molds completely. Insert butter knife or chopstick and stir gently to swirl berry mixture in centers of molds. Add sticks: freeze until solid, about 6 to 8 hrs. Makes 6 to 8 pops.





Homemade Fudgy Ice Cream Sandwiches

(page 130)

Preheat oven to 350°F. Line 2 cookie sheets with parchment paper. In 4-qt. saucepan, combine ½ c. (1 stick) **butter,** at room temperature and cut up; 1 bag (12 oz.) semisweet chocolate chips; 1 can (14 oz.) **sweetened**

condensed milk; and ¼ tsp. salt. Cook on med.-low 5 to 6 min. or until melted, stirring. Remove from heat. Stir in 1 c. flour and 1 Tbsp. vanilla extract until combined. With 11/2-in.wide cookie scoop, scoop dough onto cookie sheets, spacing 2 in. apart. Flatten slightly. Bake 8 to 10 min. or until tops are dry but still soft when pressed. Cool on sheets on wire racks 5 min. Transfer cookies from sheets to racks; cool completely. Repeat with remaining batter if necessary. Sandwich 1 sm. scoop slightly softened ice cream between 2 cookies. Freeze until ready to serve. Makes 12 ice cream sandwiches.

with lavors

Veggie Rolls

(page 127)

With vegetable peeler, peel zucchini or vellow squash into wide ribbons. Then, mix 1 block (8 oz.) cream cheese. softened, and 1/8 tsp. salt with choice of flavorings (right). Cut vegetables and fruit into 2-in.-long matchsticks. Spread 1 Tbsp. flavored cream cheese on one end of veggie ribbon. Add veggie/



fruit sticks. Roll tightly into bundle. Make up to 1 hr. ahead; let stand at room temperature.

CREAM CHEESE/ **VEGGIE COMBOS:**

RED PEPPER-BASIL: ½ c. roasted red peppers, finely chopped. Fill with basil, bell peppers, green apples.

ASIAN GARDEN: 1 Tbsp. soy sauce + 2 tsp. fresh lime juice. Fill with radishes. green onions, carrots.

VEGGIE CHILI: ½ c. shredded Cheddar + 1 tsp. chili powder. Fill with cilantro. cucumber, jicama.

ZIPPY PEAR: 11/2 Tbsp. horseradish + 1 Tbsp. chives. Fill with parsley, pears, celery.



BUG-OFF CANDLES (page 35)



YOU'LL NEED: candle wax (available at craft stores), citronella oil, essential oils in various scents, wicks

HOW-TO:

- **1.** Add wax to a large pot set over medium heat. Stir occasionally to ensure a smooth, even melt.
- 2. While wax is melting, use a hot glue gun to attach wick to bottom of tin. Wrap length of wick around a stick and rest it on top of tin to prevent it from falling in.
- 3. Put melted wax in a heatproof bowl. Add citronella oil (1 ounce for every 6 cups melted wax) and, if you'd like to mask the citronella smell, an essential oil like lavender oil.
- **4.** Pour wax into tins and allow to sit until it hardens (about 1 to 2 hours). Light an hour before dusk to enjoy an insect-free evening.



NAPKIN PLACE CARDS (page 38)

YOU'LL NEED: an iron, linen napkins, iron-transfer paper, printer HOW-TO:

- **1.** Print names onto iron-transfer paper (remember to reverse the images before printing). Cut out.
- 2. Place each label facedown on a napkin, then iron. Peel off the transfer-paper backing, and you're set!

LUGGAGE SWEEPSTAKES (page 108)

No purchase necessary to enter. Sponsored by Hearst Communications Inc. Beginning June 15, 2015, at 12:01 A.M. (ET) through July 15, 2015, at 11:59 P.M. (ET), go to goodhousekeeping.com /julyluggage on a computer or wireless device and complete the entry form pursuant to the on-screen instructions. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Three (3) winners will each win one of the following carry-on bags, to be decided by Sponsor at its sole discretion: Bric's Bellagio 21" Carry-On Spinner Trunk (ARV: \$550), Hartmann Vigor Carry On Spinner (ARV: \$300) or Ricardo Beverly Hills Roxbury 2.0 21" Spinner (ARV: \$150). Total approximate retail value of all prizes awarded: \$1,000. Must have reached the age of 18 or older and be a legal resident of the 50 United States or the District of Columbia at time of entry. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at goodhousekeeping.com/julyluggage.

"SILVER LININGS" WRITING CONTEST (page 77)

No purchase necessary to enter or win. Sponsored by Hearst Communications, Inc. Beginning June 1, 2015, at 12:01 A.M. (ET) through September 1, 2015, at 11:59 P.M. (ET) (the "Entry Period"), go to goodhouse keeping.com/memoir-contest on a computer or wireless device and submit the entry form and a memoir pursuant to the on-screen instructions. The entry must be a nonfiction story about a time in your life when something good came from a seemingly bad situation, must be between 1,500 and 2,500 words in length and must not be previously published or a finalist for any other writing prize or award. Winner will receive a \$2,000 check and possible publication in a future issue of Good Housekeeping, and runners-up may be offered publication on goodhouse keeping.com. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must be 21 or older and a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Contest is subject to complete official rules available at goodhousekeeping.com/memoir-contest.





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ShurTech Brands, LLC 2015/62712

BLENDER SWEEPSTAKES!

Breville's The Boss Blender (\$450) shook up the competition in our Lab tests. The winning pick whips up impossibly smooth fruit and veggie drinks. Plus, one-touch buttons are so intuitive, it's like having a juice barista in your kitchen. The best part? Five of you will win one. Find out how to enter below.

BREVILLE THE BOSS BLENDER SWEEPSTAKES (page 58), JULY BEAUTY LOOT SWEEPSTAKES (page 18), JUICES & SMOOTHIES COOKBOOK SWEEPSTAKES (page 141)

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YOU'LL NEED a roll of clear contact paper; a ball of string; straws (two for the width and three for the length); scissors to cut out tissue paper shapes; and ribbon.

step 2



TIE straws together at center with string. Cut contact paper into two diamond shapes; peel backing off one and place sticky side up. Press straws onto paper.

step 3



STICK tissue paper shapes all over, then top with second diamond sheet. Loop string around each corner, then tie them together for the bridle. Add a ribbon tail.



"Make sure you get my good side." -@MACCHACAT ©

YOUR PIC HERE! Tag your pet's ridiculously adorable moments with **#GHSealofCute** on Instagram, Facebook or Twitter, and a photo of your furry or feathered (or even finny!) friend could appear in a future issue of *Good Housekeeping*!

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Paint your pooch's name on a canvas carryall and pack it with on-the-go essentials

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There's a spot for all of your dog's gear (emergency poop bags?) in six extradeep pockets. \$9, pearlriver.com

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- **3. COLLAPSABOWL** Extends accordion-style into a dish so your parched or panting pup can drink up anywhere. \$9, amazon.com
- **4. FETCH FINDS** Pack a toy to tug (Kong AirDog Bone, \$6, wag.com) and one to toss (Chuckit! Sport Ball Launcher 14S, \$8, wag.com) for active, tail-wagging fun.
- **5. LOVELY LEAD** Much more than a fashion statement, this leash supports rescue dogs and promotes animal adoption. \$62, foundmyanimal.com

PETS IN THE HEAT

Help a pet out with these surprising cooling tips and tricks from the ASPCA



SKIP THE SUMMER CUT...fur reals, your pet actually *wants* to wear that hairy coat. It's like the insulation in your house: It keeps him warm in the winter and cooler in the summer. A buzz cut may even lead to sunburn for fair-skinned dogs.



EXTERMINATE PESTS

Mosquitoes transmit heartworm to dogs and cats; if you're not consistent with heartworm meds, a bite puts your pet at risk. Use a topical flea treatment, too, and check fur for ticks daily by brushing it back in a well-lit area.



LEARN TO SPOT A HOT DOG

Dogs don't register heat exhaustion, so watch for excessive panting, drooling or changes in gum color. Then find AC—ASAP! Never leave your dog alone in a car; even with the windows open, it's like a furnace.



BE WARY OF WINDOWS

Make sure you have screens on the sunny windowsills where Fluffy likes to perch. Vets see more "high-rise syndrome" (a term for when a pet falls out of a window) in the warmer months.



Try Nudges® dog treats with a coupon available at NudgesDogTreats.com





$MY \longrightarrow T \longrightarrow T \longrightarrow T$

with ANDIE MACDOWELL

The legendary beauty stars as a small-town judge in Hallmark Channel's drama Cedar Cove. And (lucky!) she got to make a little movie magic with the chiseled likes of Joe Manganiello and Matt Bomer in Magic Mike XXL, out July 1.

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be grateful

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